

**FREE
COURSE**



NUTRITION FOR WELLBEING

with Wirral Met College

During this 3 week course you will look at what makes up a healthy, balanced diet including food groups and calories and the impact of diet upon health. By the end of the course you will have created a personalised healthy eating & well-being plan!

COURSE DETAILS:

DATE: Friday 17th January - Friday 31st January (3 Week Course)

TIME: 1:30pm - 3:30pm

PLACE: Spider Project, 56 Hamilton Street, Birkenhead, CH41 5AE

This course is free to complete and won't affect your benefits.
Book your place with the Spider Project.



METROMAYOR
LIVERPOOL CITY REGION



Spider Project

