

Eat Well, Feel Great

Have fun, taste new foods and learn about good nutrition in later life.

Friday 2 March 2018, 10.30am—12.30pm

This course is FREE, runs for four weeks and is for men only.

The Baptist Church, Sunderland Road DH1 2JY



For more information and to book your place please contact

0191 374 6577

www.comeeattogether.org

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