

Work Well

Nutrition Workshops



Come along to an interactive workshop delivered by qualified nutritionist Shane Nugent.

- Practical tips on how to incorporate healthy eating into a busy lifestyle.
- Make informed and sustainable healthy changes.
- Common myths around nutrition.
- What is healthy eating and what are the benefits to your long term health?



Nutrition Workshops:

NEDDC (Mill Lane), Chamber 1
28th March, 12noon - 1pm.
28th March, 1pm - 2pm.

BDC (ARC), Committee Room 2
29th March, 12noon - 1pm.
29th March, 1pm - 2pm.



For more information, or to book your place, please contact Helen Parsons - helen.parsons@bolsover.gov.uk Tel: 01246 242412.

More information about the Work Well group can also be found on the extranet.

Bolsover
District Council

North East
Derbyshire
District Council

