

HEALTHY LIFESTYLE EVENT

(FREE OF CHARGE)

FIND OUT WHAT YOU CAN DO TO KEEP YOU
AND YOUR FAMILY HEALTHY



**Our Patient Participation Group are
running this event, please join us!**

The session will cover:

- Eat well Plate – foods we should eat to stay healthy
- Portion control – what is the right amount to eat
- Fats, salt, sugars and carbohydrates
- Exercise and so much more

Date: Tuesday 11th June 2019

Time: 6.00pm-8.00pm

Venue: Townfield Doctors Surgery

Organised by: Townfield Doctors Surgery (TDS) and TDS Patient Participation Group

