



Living Well

Community Wellness & Empowerment Service

**Free support
available**



Nutrition & Food Sessions

» 6-week workshop «



**Build healthy
eating
routines**



**Cook with
Confidence**



**Make meals
that suit you**



**Eat Well on a
Budget**

Contact us to join

✉ www.tapestry-uk.org/livingwell

🌐 livingwell@tapestry-uk.org

☎ 01708 796600

👤 For Havering residents
aged 18-64 years old

Tapestry
prevention, care and support

Scan to read more
about our services



Nutrition & Food Sessions



Week 1 – Food Foundations

- Learn the basics of a healthy diet
 - Watch or take part in a simple cooking demo
 - Receive simple take-home recipes
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Week 2 – Eating for Energy

- Learn how to fuel your body throughout the day
 - Taste and try simple, affordable meals together
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Week 3 – Protein Power

- Learn about protein
 - Make balanced meals with step-by-step support
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Week 4 – Fat Facts & Heart Health

- Learn about good and bad fats
 - Pick up practical, budget-friendly shopping and cooking tips
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Week 5 – Mindful Eating

- Learn simple habits to feel more comfortable with food
 - Practise simple cooking and meal planning skills
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Week 6 – Eating Well for Less

- Use everything you have learned in one session
- Use simple tips to make healthy meals on a budget