

Eating for Good Mental Health and Wellbeing

Course Type: Adult Community Learning

Location: City Centre Campus

Run by a registered nutritionist, this cookery course is especially designed for those with type 2 diabetes or diagnosed with pre-diabetes. It is also open to partners, carers or those who cook for people with the condition. During the course you will discover tasty meal ideas for breakfast, lunch and dinner as well as healthy snacks and delicious desserts.

By the end of the six sessions you will have a lovely selection of recipes to enable you to recreate the dishes with ease at home.

Why not come along to the first session and get some great ideas for breakfast?

Please notify us of any special dietary requirements prior to the start of the course.

Where can I find out more information?

If you have any queries or to book a place, please ring Adult Community Learning

Tel: 01225 328 822