



# **NUTRITION PROGRAMMES**

## **April - May**

### **3 Week Nutrition Programme for Energy, Weight & Diabetes**

April/May Programme: Thursday's 7pm-8.30pm starts 27th April

### **Children's Nutrition Workshop**

Saturday 29th April 2.30pm-4pm

### **The Truth about Sugar: Informative talk**

Tuesday 2nd May 7-8.30pm

### **3 Week Nutrition for Arthritis Programme**

May Programme: Monday's 7pm-8.30pm starts 8th May

***All programmes are at Active Solutions Clinic, London Road, Ascot***

***To reserve a place call Helen on 07795 199528 or email  
enquiries@helenthefoodcoach.co.uk***



**THE FOOD  
COACH**

[www.helenthefoodcoach.co.uk](http://www.helenthefoodcoach.co.uk)