

Eat well with diabetes

Starts Thursday 8th Oct
10:30am - 12:30pm

@St Marys Centre
Holyrood Street
Chard
TA20 2DN



- Introduction to Type 2 Diabetes & healthy cooking basics
- Building balanced meals & low-carbohydrate cooking
- Heart-healthy cooking
- Meal planning & preparing for the week ahead
- Creating sustainable habits

Booking required!
scan to book

or email info@project-food.org.uk
or call 01297 631782

Registered CIO 1173120

