

Healthy Eating,

Calories & Nutrition



To register interest today
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Fun & Interactive Course, Packed Full Of Helpful Information!



Available Course Dates

Monday 22nd September to 3rd November

12:30 – 14:30 | Food & Nutrition

*This courses run for **6 consecutive weeks**, you must be able to **attend all 6 weeks** to partake in the course*

What To Expect In This 6-Week Course!

Learn how to **understand the nutrition** facts label on food products!

Learn how to **eat well and healthily** on a **budget!**

Learn to **understand cholesterol levels** and what you need to know to maintain a **healthy diet!**

Work out your BMI – are you a healthy weight for your height?

How can you achieve, and maintain, a **healthy weight?**

Learn about **healthy recipes** and good **diet habits!**



These courses take place
at **CycloPark Charity!**

CycloPark, The Tollgate, Watling
Street, Gravesend, Kent, DA11 7NP
www.cyclopark.com | 01471 831 400

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