



**UCAN**

**ENFIELD**

# JUNE TIMETABLE

## HEALTHY EATING FOR DIABETES MANAGEMENT

WHEN	TUESDAY 3 <sup>RD</sup> JUNE
TIME	2 PM - 3.30 PM
WHERE	COMMUNITY HOUSE, 311 FORE STREET EDMONTON N9 0PZ
HOW TO EAT WELL TO MANAGE YOUR BLOOD SUGAR, BOOST ENERGY, AND ENJOY MEALS! FREE RESOURCES AND HEALTHY SNACKS INCLUDED!	

## DEMENTIA FRIENDLY HEALTHY EATING

WHEN	WEDNESDAY 25 <sup>TH</sup> JUNE
TIME	10:30 AM - 12 PM
WHERE	ST STEPHENS CHURCH HALL, PARK AVENUE, ENFIELD, EN1 2BA
INSPIRATION ON HOW TO BEST MANAGE YOUR HEALTH THROUGH YOUR DIET CONSIDERING YOUR BUDGET AND TIME CONSTRAINTS!	

## HEALTHY EATING COOKING COURSE

WHEN	THURSDAY 26 <sup>TH</sup> JUNE THURSDAY 3 <sup>RD</sup> JULY THURSDAY 10 <sup>TH</sup> JULY
TIME	10.30 AM - 12:30 PM
WHERE	COMMUNITY HOUSE, 311 FORE STREET EDMONTON N9 0PZ
A THREE PART PROGRAM THAT EXPLORES KEY ELEMENTS OF A HEALTHY DIET THAT IS CONVENIENT AND COST EFFECTIVE	

## MEN TOGETHER EATING HEALTHY

WHEN	FRIDAY 27 <sup>TH</sup> JUNE
TIME	10:30 AM - 12:30 PM
WHERE	PYMMES PARK VISITOR CENTRE VICTORIA RD, EDMONTON N18 2UG
OUR NEW MENS SOCIAL GROUP WILL BE TAKEN OVER BY HEALTHY EATING EXPERTS FOR A SPECIAL DEMO AND TASTING SESSION	

# JUNE TIMETABLE

## DIABETES FRIENDLY

WHEN	TUESDAY 10 <sup>TH</sup> JUNE
TIME	11 AM - 12.30 PM
WHERE	COOKING CHAMPIONS, ST MATTHEW'S CHURCH, SOUTH ST, PONDER'S END, EN3 4LA
A FULLY INTERACTIVE SESSION THAT INVOLVES TRYING A VARIETY OF DISHES THAT FOCUS ON DIABETES FRIENDLY INGREDIENTS	

## EATING FOR A HEALTHY HEART

WHEN	TUESDAY 18 <sup>TH</sup> JUNE
TIME	11 AM - 12.30 PM
WHERE	COOKING CHAMPIONS, ST MATTHEW'S CHURCH, SOUTH ST, PONDER'S END, EN3 4LA
A FULLY INTERACTIVE SESSION THAT INVOLVES TRYING A VARIETY OF DISHES THAT FOCUS ON HEART HEALTHY INGREDIENTS	

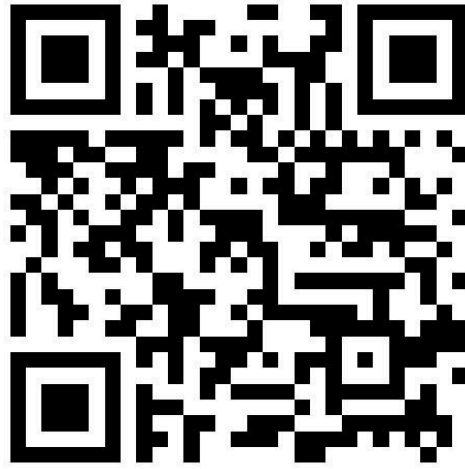
## HEALTHY EATING COOKING COURSE

WHEN	WEDNESDAY 4 <sup>TH</sup> JUNE WEDNESDAY 11 <sup>TH</sup> JUNE WEDNESDAY 18 <sup>TH</sup> JUNE WEDNESDAY 25 <sup>TH</sup> JUNE
TIME	11 AM - 12:30 PM
WHERE	COOKING CHAMPIONS, ST MATTHEW'S CHURCH, SOUTH ST, PONDER'S END, EN3 4LA
A FOUR PART PROGRAMME THAT EXPLORES KEY ELEMENTS OF A HEALTHY DIET THAT IS CONVENIENT AND COST EFFECTIVE	

**BOOKING IS ESSENTIAL**



**Scan here to book!**



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**Want support to improve your wellbeing?**

Our Wellbeing Practitioners can help you create a personalised plan and connect you with the right tools and resources to help you succeed.

**For further information:**

**Call: 0208 375 4120**

**Email: [ucanenfield@ageukenfield.org.uk](mailto:ucanenfield@ageukenfield.org.uk)**