



# Food & Wellbeing Programme

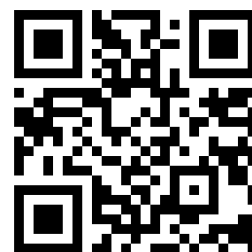
Are you or someone you know worried about access to affordable food, budgeting, living or housing costs and/or managing your health on a low income?

Yes?

Join us for our 5 week small group programme where we will provide you with food support along with the skills and support you need around health, nutrition and wellbeing.

Next programme starts 12th January!  
Thursdays 1pm, Fearon Hall, Rectory Rd,  
Loughborough, LE11 1PL

To register please go to [www.tiny.one/cfwhub2](http://www.tiny.one/cfwhub2)  
or scan the QR code below



Communities Food and Wellbeing Hub is a registered charity that aims to bring communities together by providing good food and wellbeing support to improve health.



East Midlands  
Academic Health  
Science Network

charity number 1196232