

# Mission Nutrition

Monthly Drop in sessions

Last Friday of the month 10am – 12pm: Starting  
28<sup>th</sup> July



Free nutrition course @ 

Weigh in, advice and activity around nutrition and healthy eating.

Supportive, welcoming sessions where we focus on having fun, meeting new people and learning how to eat well along the way.

- Benefits of healthy eating
  - Sugar swaps
  - Weigh in
- Set your nutrition goals and get the support to achieve them.



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