

WEALTH 4 HEALTH

Free course!

Every Wednesday at 10AM to 12PM
From 21st Feb to 20th Mar

Wealth 4 Health is a free course for adults to learn about healthy eating and budgeting while developing numeracy skills.

On completion of the course, receive a goody bag and a £20 shopping voucher towards a healthy meal.

- Investigate recommended proportions of food groups
- Analyse shopping receipts
- Calculate portion sizes in recipes
- Come away feeling confident using numeracy to build healthy eating plans!



Enrol now by:

Email: multiply@gloucestershire.gov.uk
Call: 01452 583800, quote 'Multiply'

*Participants must be aged 19 or over, have lived in the UK for 3 years or longer, and have no maths GCSE grade C/grade 4 or equivalent

Location:
GL1 Leisure Centre
Bruton Way,
Gloucester,
GL1 1DT

