



# The Masbro Elders Project Online Summer Healthy Eating Programme Zoom sessions

JOIN US FOR OUR SUMMER SERIES IN PARTNERSHIP WITH UK HARVEST

WEEK 1: TUESDAY AUGUST 11TH, 2PM  
**FOOD AND MOOD**

THE EATWELL GUIDE AND BALANCING WHAT WE EAT

WEEK 2: TUESDAY AUGUST 18TH, 2PM  
**HEALTHY EATING AND GUT HEALTH**

THE SESSIONS WILL BE LEAD BY FFION HAYWARD, ASSOCIATE NUTRITIONIST AND UK HARVEST'S EDUCATION AND OUTREACH COORDINATOR.

To join these zoom sessions please email Tina Wood to receive your personal invitation; [tina@upg.org.uk](mailto:tina@upg.org.uk) or telephone 07738789427 for more information.