

FREE

Eat Well for Oral Health

at



Pilton
Community
Health
Project
equality wellbeing belonging

8 week FREE cooking & oral health programme

delivered by Registered Associate Nutritionists from Edinburgh Community Food
and Dentist professionals from LINKnet Mentoring

- Increase confidence in cooking nutritious affordable meals for you and your family to enjoy and take home
- Increase knowledge of achieving a healthy balanced diet
- Oral health awareness workshops
- Free nutrition and oral health resources
- Suitable for everyone

Tuesday 10am to 12noon
20th September - 15th November



To book your place please contact Sally
sallyfindlay@pchp.org.uk or call 07518756330

