

HEALTHY EATING EVENT

with ATTFE College and
Brierley Park Medical Group

Thursday, 10am April 2025
6pm - 7.45pm

Venue:

ATTFE in the Community Venue
9 - 11 Low Street, Sutton-in-Ashfield

ADVICE &
GUIDANCE

LOW-CARB FOOD
SAMPLES*

TALKS

Why join us?

Recent data shows that Ashfield North Primary Care Network has some of the **highest incidence of adult obesity and Type 2 diabetes** in Nottinghamshire.

Both of these conditions bring with them many **other associated health issues** including high blood pressure, heart disease, strokes and many others.

***Allergens cannot be accurately described in the food samples and anyone with a food allergy or intolerance should not attend the event.**

Places are **FREE** and must be booked in advance. To register, please fill in the online form by scanning this QR Code:

<https://forms.office.com/e/J8xiuWSETS>

