



# A Healthier You For 2022

***Need ideas for healthier lunches? Why not join Barbara's LIVE Cooking Demonstration for beginners***



**Venue:** online via MS Teams

**Time:** 1pm - 1.30pm

**Dates:** Monday 7<sup>th</sup> February 2022  
Monday 14<sup>th</sup> February 2022  
Monday 21<sup>st</sup> February 2022  
Monday 28<sup>th</sup> February 2022

If you wish to attend please register with Health Improvement by emailing: [health.improvement@belfasttrust.hscni.net](mailto:health.improvement@belfasttrust.hscni.net)

*Please note these sessions will be recorded and can be accessed anytime – please email us if you would like to register for this option.*



***On completion of the Cooking Programme you will receive cooking related freebies!***

For more information on healthy eating visit: [Eat Well | B Well](#)