



Good Food...



...Good Mood!

A fun and interactive drop-in session for anyone wanting to find out how eating a healthy diet can improve your mental wellbeing. Suitable for all ages.

Free!

Bring your favourite feel good recipes for a Leeds recipe book

Cooking demos

Food samples

Info on what foods make you happy!

Arts and crafts- including fruit carving!

THURSDAY 3RD NOVEMBER 12PM-5PM
TEST SPACE LEEDS LS2 7PS



European Year of Volunteering 2011



Test Space