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**SESSION 1:  
WHAT WE NEED FOR A  
HEALTHY DIET**

THURSDAY 24TH JUNE  
10:30AM - 12PM  
BOB'S PARK (BROMLEY BY  
BOW CENTRE)

**SESSION 2  
THE TRUTH ABOUT  
NUTRITION**

THURSDAY 1ST JULY  
10:30AM - 12PM  
BOB'S PARK (BROMLEY BY  
BOW CENTRE)

**SESSION 3  
FOOD FOR DIFFERENT  
GROUPS & PREFERENCES**

TUESDAY 13TH JULY  
10:30AM - 12PM  
BOW BREW CAFE, 83 ST  
PAUL'S WAY, E3 4YH

**SESSION 4  
SOURCING GOOD QUALITY  
INGREDIENTS**

WEDNESDAY 21ST JULY  
10:30AM - 12PM  
BOB'S PARK (BROMLEY BY  
BOW CENTRE)