

Food For Thought: online course



Eligibility:

- Aged 16+
- Live in Greater Manchester
- Not currently in employment, education or training
- Right to work in UK

stockportmind.org.uk/workshops/food-for-thought

Learn about how food and nutrition affects mental health, via our online course.

Delivered in partnership between Stockport Mind and Lotus Fitness Academy.



For more information:
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Registered charity no. 1119317



Stockport
and District