EAT BETTER FEEL BETTER

The ARC in partnership with Young Enterprise Scotland are recruiting families to be part of this programme. If you want to make healthy changes on how to shop, cook and eat as a family complete the registration below.

To apply you must:

- Be a local resident in G78
- Commit to a 10 week programme of activities beginning in January 2017
- Include all family members in making healthy changes

The benefits of the programme include:

- Accessing weekly online and face to face support sessions
- A range of incentives and practical resources including healthy recipes and meal ideas
- An opportunity for the family to cook with a community chef for six weeks
- Your family inspiring others to change their diets
- Learn all about growing your own fruit & Veg & reducing food waste

Please complete the registration form below and return to;
Maxine McFarlane, YES Academy, Rouken Glen Park, Thornlibank, G46 7UG or email your details to maxine.mcfarlane@yes.org.uk

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Name .....

Number of family members ☐

Address .....

Contact Tel No..... Email .....

East Renfrewshire Council · Young Enterprise Scotland · Auchenback Active · NHS Greater Glasgow and Clyde · East Renfrewshire Community Health and Care Partnership