

# The Wellbeing KITCHEN

*Eat Smart, Live Well.*

Cooking skills & nutrition for long-term health and wellbeing



A cooking and nutrition programme for adults who want to improve their mental wellbeing, build confidence in the kitchen, and reduce their risk of long-term conditions such as Type 2 diabetes.



Understand how food supports mental and physical health



Meet new people and improve social connection



Reduce stress around eating well on a budget



Build confidence in cooking simple, affordable meals



6-week course | 2 hours per session | Free to attend

- Delivered across North Lanarkshire
- Online option available for carers or those unable to attend in person



LANARKSHIRE COMMUNITY  
FOOD AND HEALTH PARTNERSHIP

Please contact:  
shawn.mckelvie@lcfhp.co.uk,  
07806622235