



# Al-Hikmah Eat Well



Join us for a 4-week, women-only programme of wellbeing sessions.

We will focus on eating well and building your confidence with food. These sessions are tailored to support you to meet your personal goals so you will feel better inside and out, develop good habits and gain the information and know-how to keep going with your positive steps to wellbeing.



**All sessions will be held at:  
The Al-Hikmah Centre**

(28 Track Road, Batley WF17 7AA)



**This 4-week programme starts on:  
Saturday 18<sup>th</sup> June, from 10am - 12pm**

These EAT WELL sessions are designed to help you make healthy and affordable food choices, build your confidence around cooking, help you understand what your body needs to thrive and ensure you develop good habits for the future.

Complete the full  
6 weeks of EAT WELL  
and you'll receive a  
free item of cooking  
equipment!

**Sessions will run from 10am - 12pm on:  
Saturday 18<sup>th</sup> and 25<sup>th</sup> June  
and Saturday 2<sup>nd</sup> and 16<sup>th</sup> July (no session on the 9<sup>th</sup> due to Eid)**

**Booking required, please email: [contact@s2r.org.uk](mailto:contact@s2r.org.uk)  
or call: 01484 539 531 or 07821 702 401**



West Yorkshire and Harrogate  
Health and Care Partnership

