



Wednesday
11-12pm,
bi-weekly,
online group

Mood & Food

This group is for individuals who want to explore the relationship between making healthier food choices to improve mental and physical wellbeing.

Scan the QR code or visit the website below to view our group timetable for up to date times and locations.

Register by contacting us below via the website, email, phone or text.



catalystsupport.org.uk/activity-timetable/



groups.cc@catalystsupport.org.uk



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