COOKING WORKSHOPS | NHS DIABETES SUPPORT

WISE

Women's Information, Support and Education for Diabetes

Family Wellbeing Zone
Formally: Sparkbrook Children's Zone

Are You Worried About Diabetes?

Week 1
9:30am - 10:30am
3rd December
The Muath Trust, B11 1AR

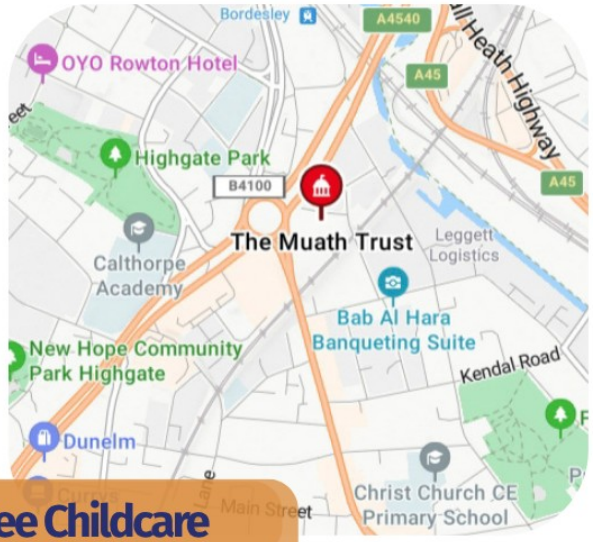
Week 2
9:30am - 11:30am
10th December
The Muath Trust, B11 1AR

Week 3
9:30am - 11:30am
17th December
The Muath Trust, B11 1AR

A FREE 3-week course including cooking sessions, optional Health Checks, and personalised diabetes health advice

Available For:

- Local women
- Aged 18-45
- If you are diabetic or worried about your weight
- We welcome women with additional support needs



Free Childcare

How Do I Join?

Scan the QR code or follow the link below to register

We will be in contact to confirm your attendance and share more information about the course

Registration Form:

WISE

Freebies!

Referral Link: https://forms.cloud.microsoft/e/NLEgfTChrW

Contact Us
E: familywellbeingzone@greensquareaccord.co.uk
W: www.familywellbeingzone.org.uk

NHS
Green Square Accord
Hall Green Neighbourhood Network Scheme