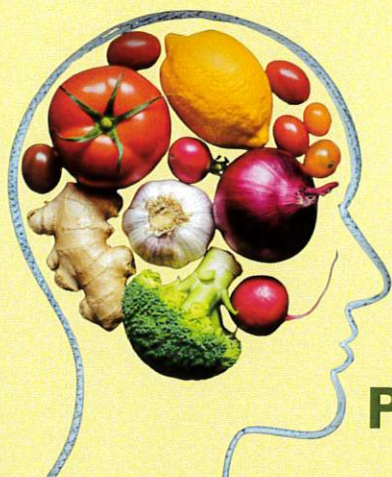


Food, Mood & Wellbeing Free Community Event

Discover how food supports mood, energy and wellbeing at this friendly, free event.



Save The Date:

28th July 2026

11am – 2pm

Plantation Hall, Heybridge

The event will include:

- Pedal your own smoothie
- Food tasting & feel-good ideas
- Live, simple cooking demos
- Children's activities
- Practical wellbeing ideas



Interested in cooking, growing, eating well on a budget
– or just curious?

Everyone welcome. Places limited.

Register interest:

bit.ly/FoodMoodWellbeingEvent

Scan to register interest

