



Healthy
Cornwall

Healthy Weight Adults

FREE Healthy Weight course

in St Austell

14/01/19 to 14/03/19 (weekly)

1-3pm

for more info or to book a place

call 01209 615600 or visit

www.cornwallhealthyweight.org.uk



Healthy
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Healthy Weight Families For children 7-13

2019

for more info or to book a place
call 01209 615600 or visit

www.cornwallhealthyweight.org.uk



Healthy
Cornwall

Health Walk Pinetum Gardens

Every Friday

Leaves from the café at 10am

for more info

call 01209 615600

or just come along!



Healthy
Cornwall

Health Walk Heligan Gardens

Every Monday (except Bank Hols)

Leaves from the café at 9.45am

for more info

call 01209 615600

or just come along!



**Healthy
Cornwall**

Weekly Weigh In

Free - Every Wednesday

Bridge 49, Victoria Road, St Austell

4.30-6.30pm

Just Come Along

Or for more info

call 01209 615600



Healthy
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Healthy Eating Talks

Free – Every Month

For more details call 01209 615600