Heaton Road Surgery are running their 4th successful Healthy Eating Group starting Tuesday 20th September.

The group will be held at St Silas Church, on Shields Road, opposite Morrisons.

The group will run from 5-6pm.

This is a FREE group lasting 12 weeks and looks at what food we should be eating and what food we should be limiting and why we need to do this.

There will be scales at the group for you to weigh yourselves if you want to but I will not be asking anyone's weight.

You do not need to bring anything with you. This is a very relaxed and supportive group.

If you would like to reserve a place please contact Tracy on 07736973730