



# Wellbeing

## WEDNESDAYS

Our next 'Wellbeing Wednesday' event is on the 4th July 2018

This month's event focuses on 'Healthy eating in the workplace'

**12.30 - 13.00 Location - Park Club Milton**  
**Annabelle Baker Nutrition**

Helpful workplace advice, tips and tricks whilst at work!

**Discussion Topics**

- GI Joe Carbs and allies in the workplace.
- I've been told to lose weight but what direction do I choose?

**13.00 -13.30 Location - Park Club Milton**  
**SUGAR SMART Oxford: the story so far**  
**with Maggie Westby**

Come along and learn more about this national campaign led by Jamie Oliver and Sustain, and Good Food Oxford is running the local initiative. Understand steps to make your company more SUGAR SMART and be awarded the Golden teaspoon.

**12.00 - 14.00 FREE - Food tasting in the club café**  
**- @ Park Club Milton**

Come and try something new for lunch! Vegemental, Naturally Sweet, Park Club Smoothies, On the Park Café, Q-Gardens, Aloe Vera & SOFEA



Book your place email [info@parkclub.co.uk](mailto:info@parkclub.co.uk) or call 01235 206777

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