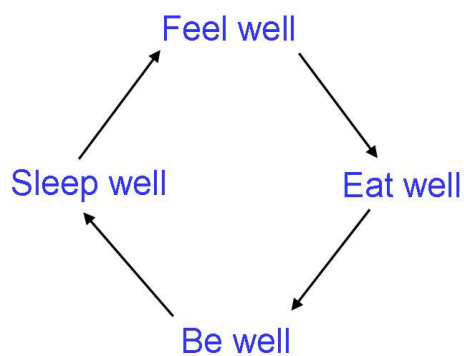


Food, Mood and Mood Mapping

A Training Course for the

You can advertise a course for your organisation here

A simple 'circle' that says a lot about
Food and Mood



www.stoppaddling.com

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your venue here
Next course is...

Wednesday
30th November 2011
9:30am to 4:30pm
Lunch is provided

Is this for me?

Food and Mood courses are for everyone. Participants so far have included paid and unpaid carers for people with health problems and many people keen to understand anxiety and overcome depression through improved diet. The course can include work in smaller groups to allow focus on topics of special interest.

Everything we eat affects our mood and how we feel affects our diet

Find out more about what causes us to choose the foods we do and which foods are having the greatest affects on our moods.

The day includes

- An introduction to Mood Mapping
- How Mood Mapping can be used when choosing food and drink
- Ways our mood influences our food and drink choices
- How foods have short term and long term effects on our moods
- What various food groups, such as carbohydrates/sugar, fats/oils, vitamins/minerals do for our mood
- The use of food samples for workshop activities
- What might be right or wrong with the modern diet?

To book a place on 30th November course in Leicester, hosted jointly by **Carers' Action** and the **People's Forum**, please feel free to contact Helen:

Email: peoplesforum@btconnect.com

Phone: 0116 262 7952