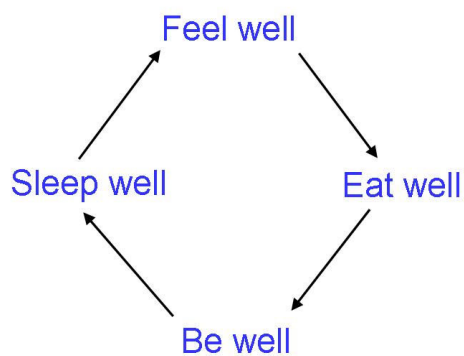


# Food, Mood and Mood Mapping

## A Training Course for the People's Forum and Carers' Action

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



[www.stoppaddling.com](http://www.stoppaddling.com)

Unit 26 Vulcan House,  
Vulcan Road,  
Leicester, LE5 3EF

Wednesday  
30<sup>th</sup> 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, hosted jointly by **Carers' Action** and the **People's Forum**, please feel free to contact Helen:

Email: [peoplesforum@btconnect.com](mailto:peoplesforum@btconnect.com)

Phone: 0116 262 7952