



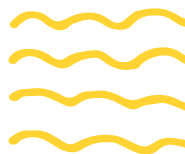
Ready to unlock the secrets of healthy eating on a budget?

Date: Wednesday 30 July

Time: 6pm-7pm

Join us for a **FREE** one-hour workshop to get practical tips from our nutritionists. During your time with us you can:

- 📍 Discover low-cost healthy swaps
- 📍 Understand the importance of meal planning
- 📍 Get tips to stick to your shopping list and budget
- 📍 Learn about different cooking methods
- 📍 Ask questions and get free resources!



hrt.maximusuk.co.uk/events



Secure your

FREE spot today



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Hertfordshire