

# HEALTHY EATING & LIFESTYLE HABITS

## 6 SESSION PROGRAMME

Starting: Friday 25th October 2019

1<sup>st</sup> November, 29<sup>th</sup> November, 13<sup>th</sup> December,  
17<sup>th</sup> January and 7<sup>th</sup> February

Are you going through cancer treatment or  
have you completed cancer treatment and  
need to nourish your body back to health?

Want to look better, feel better and live  
better and don't know where to start?

**FREE TO ATTEND** - a £30 deposit will be taken at the time of  
booking and this will be refunded at the end of the programme.

**Sign up and receive the full programme dates:**

**Contact Kira or Angela on 020 7924 3924**

**or email: [support@paulscancersupport.org.uk](mailto:support@paulscancersupport.org.uk)**



MARCELLE DUBRUEL  
transform your weight, health & life

# PROGRAMME CONTENT

Learn about the best foods for you to nourish your body and improve your strength & vitality

Tasty and easy to make meal ideas and recipes

Learn how to form healthy habits without feeling restricted

Understand the impact of stress, sleep, digestion, physical activity and mindfulness

Get motivated and inspired!

Take control and feel supported as you navigate your way back to health

Have confidence that you are doing all you can

Ask questions, share ideas, concerns, and experiences as part of a community of people going through the same back to health journey

## Course facilitators:



**Meredy Birdi**  
Cancer Dietitian &  
Nutritional Therapist



**Marcelle Dubruel**  
Health Coach &  
Nutritional Therapist

**FREE TO ATTEND - a £30 deposit will be taken at the time of booking and this will be refunded at the end of the programme.**

**Sign up and receive the full programme dates: [Contact Kira or Angela on 020 7924 3924](#) or email: [support@paulscancersupport.org.uk](mailto:support@paulscancersupport.org.uk)**

