

#### Cook & Eat

Many of the available sessions are fully booked! Face-to-face cook and eat sessions are coming soon! High demand and waiting lists means there are delays in communication and residents may not be able to get through on the phone. Please manage expectations if promoting this service

**Offer:** FREE 6 week courses to help people to cook more healthy with fresh ingredients. Join one of our fun and social Cook and Eat courses to learn how making small changes can make a big difference to your diet and wellbeing.

For information on referring into this programme visit: [www.healthyhounslow.co.uk/cook-and-eat/#refer](http://www.healthyhounslow.co.uk/cook-and-eat/#refer)

#### MECC Training

**Offer and Time Commitment:** This 2-hour FREE training supports those working with people to understand the services available to make changes to improve their lifestyle and health, whilst also understanding behaviour change and how to have the most effective conversations with people that would motivate them to make a positive change. This includes GPs and their staff, pharmacy staff, healthcare professionals, but also employers from all industries and employee's, voluntary organisations and many more.

If you would like to book a training session with one of our trained Practitioners for Making Every Contact Count Training (MECC) please call 0204 559 8200 or email [hello@healthyhounslow.co.uk](mailto:hello@healthyhounslow.co.uk). Or follow the QR code to sign up for Hounslow MECC sessions on Eventbrite: