



healthoutfit

# Healthy Eating Myths

It's hard to swallow some of the fads surrounding food. Join the Healthoutfit Dietitian, Maria Dow, to get the facts!

## About this event

We see numerous articles every day about what to eat - and what not to eat. It's difficult to cut through the fat to get to the meat and bones (sorry, we couldn't resist!) which is why we need support from an expert. Maria Dow will explain what we can do to keep as healthy as possible, whilst discounting current myths surrounding food.

Wed, 15 June 2022 | 12:15 - 12:50



<https://www.eventbrite.co.uk/e/337099271997>

