Join us at your upcoming coffee morning

Manchester Healthy Weight Team

Manchester Local Care Organisation

Friday 20th November 2026

Start at 09:00

Beaver Road

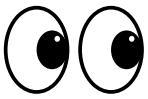
What we cover:

- Balanced diet & portion sizes
- Healthy packed lunches
- Activity guidelines



Check out our parent padlet

Find recipes, activity ideas and resources all in one place!





Scan the QR code to explore

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