

EAT WELL, SPEND LESS ROADSHOWS

St Mary's
Community Centre

33 Rylands Road,
Kennington,
Ashford, TN24 9LH

on Thursday 29th
February 2024

10am – 2pm

 Funded by
UK Government

**LEVELLING
UP**

Expert advice on
looking after yourself
(and your bank balance!)

Guidance on additional
support services that
may be available to you

Free recipe bags with
ingredients for you to
take home and try