

The Balham Autumn Rose Club - through social interaction,
authentic fellowship and outreach of community projects

Invites **WHOEVER YOU ARE, COME AS YOU ARE**



to a series of Health & Wellbeing Workshops with cooking demonstration:



discover new ways to achieve
health & wellness

Health & Wellbeing Workshop Topics – 2015 : Part 1

27 th September	3-4.30pm	How much is enough
18 th October	3-4.30pm	Understanding obesity
15 th November	3-4.30pm	Keep your heart healthy
29 th November	3-4.30pm	Sweet Enough?
13 th December	3-4.30pm	Keep on moving
20 th December	3-4.30pm	



If you wish to attend and participate in this Health & Wellbeing project
please book a place email Joan or Esmie: autumnrose@balhamsda.org.uk

Benefit: A HEALTHY LIFESTYLE – A HEALTHIER YOU

In partnership with



☎ 020 8673 9724 or 07877 153 808 Joan or 020 8715 1977 Esmie
Email: autumnrose@balhamsda.org.uk Website: www.balhamsda.org.uk
83 Elmfield Road • Balham • London SW17 8AD

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Cooking demo & lunch – 2015 : Part 2

29 th September	11.30-1.30pm	Examples of Dishes that will be prepared: Quinoa & Lentil Bake with Green Salad, Pasta with Pesto and Steamed Vegetables, Cream of Mushroom Soup with Wholemeal Bread and Green Salad, Hummus and Roasted Vegetables Wraps, Chickpea Curry with Brown Rice, Raw Pumpkin & Courgette Salad, Stir-fry with Organic Tofu and Brown Rice, Chef's Salad with Artichoke, Baked Lentil & Tomato Peak with Green Salad. All dishes will be 100% vegan.
20 th October	11.30-1.30pm	
17 th November	11.30-1.30pm	
15 th December	11.30-1.30pm	
22 nd December	11.30-1.30pm	

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