



Edge Hill
University

Department of
Psychology



The Ageing Brain
Research Group

u3a
Aughton and Ormskirk

AGEING BETTER WITH AN ACTIVE MIND



SUSTAINABLE DIETS

FOR A HEALTHY COMMUNITY AND PLANET

Workshop 6: 26th April 2023, 11:00 am

Venue: St Michaels, Aughton



Dr Claire Blennerhassett
Senior Lecturer
Edge Hill University



Dr Blennerhassett is passionate about the role of nutrition and physical activity for the health and well-being of humans, her interests now lie in how food production and consumption can also impact the health of the planet and all that inhabit it. She is specifically interested in food system transformation in the pursuit of a sustainable health diet for all.

COME AND JOIN OUR WORKSHOPS!

Organised by Dr Dorothy Tse and Dr Nicola Van Rijsbergen from Edge Hill University.

If you are interested in attending, please contact the Coordinator of the Health & Wellbeing Group, Julia, via: wellbeing@aughton-ormskirk-u3a.co.uk or 01744 883086