

Come and find out more about Bristol Green Capital's 'Kitchen on Prescription' project, a Bristol-wide initiative which supports people to cook good food from scratch – building on everything that is good about Bristol's food scene.

Join us at the Wesley Chapel Broadmead to meet a variety of community food-educators and organisations who support healthy eating projects. These events will run on Monday and Thursday as part of Healthy City Week – join us to hear fun facts about food's health-giving properties and sample some tasty, nourishing snacks.

Date: Monday October 12th and Thursday October 15th

Venue: New Room, Wesley Chapel, Broadmead, Bristol

Time: 11.30 am – 13.30 pm

Free of charge

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Inspiring health
and wellbeing

This event is part of Healthy City Week Bristol - a brand new initiative, delivered through the Bristol Green Capital Partnership, which aims to inspire citizens of Bristol to achieve healthier lifestyles as part of a more sustainable future city.

Kitchen on Prescription is being coordinated by the Portland Centre for Integrative Medicine (PCIM). PCIM is a centre of excellence for Integrative Medicine (IM) that supports the transformation of healthcare. IM is a holistic, evidence-based approach which makes intelligent use of all available therapeutic choices to achieve optimal health and resilience for our patients. This includes conventional medical therapies as well as other modalities centered around lifestyle and mind-body techniques like mindfulness and Tai Chi.