

# EAT WELL, SPEND LESS & WELLBEING ROADSHOW

**Aldington Village Hall**

Roman Road,  
Aldington,  
Ashford,  
TN25 7EE

**Wednesday 26th  
February 2025**

**10am – 2pm**



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

