



Mindful Eating for families

Suitable for children aged 3-7 years with a parent/carer



FREE!

Thursday 29th October 2026



10am–12pm



**St Paul's Way Community Centre
83 St Paul's Way, London E3 4AJ**

*A fun, interactive workshop filled with
storytelling, sensory cooking & mindful eating*

Explore colourful fruits, vegetables & beans

Discover tastes, textures, smells, & sounds

Create and enjoy a delicious meal together

Experience mindful family mealtime

For enquiries/bookings

Email: St.PaulsWayCentre@poplarharca.co.uk

Phone: 0207 510 5600

Booking essential, limited spaces

*Come along, get curious and discover the
joy of cooking & eating together.*

In partnership with

HARCA