

Under Nutrition Lunch Clubs

New

Do you, or someone you know feel they're losing too much weight, or have been identified as underweight?

We're working in partnership to support people in Darlington to meet new people, enjoy a nutritious meal and help improve their nutritional health.

We'll offer useful advice, monitor your weight to help create goals and assist you in becoming more active.



Find out about lunch clubs in your area:
Call 01325 362832