



# Mind, Body, Spirit Evening 'Loaded Table' with Rachel Dickinson

Wednesday 27<sup>th</sup> September 7.30 p.m.

HEART Centre, Bennett Road, Headingley LS6 3HN



Tonight's talk and demonstration will be on fermented foods and beverages – plant based cooking. Loaded Table was created to help inspire and motivate people to wellness through our creation of fermented foods and beverages, as well as focusing on plant based eating. The event this month will focus on digestive wellness and contributing factors that can put your gut health at risk as well as ways to improve your overall digestion. There will be samples of fermented foods and drinks in the break.

Entrance £3.50/£3.00 members & concessions.

[www.leedscombinedarts.org.uk](http://www.leedscombinedarts.org.uk)

