

Healthy Eating

FREE & FUN!

Want to try new foods?

Cooking on a Budget Sessions

at Seafield House, Old Road

Wednesday or Thursday 4.00pm—6.00pm

6 week course—Finishes 20th Oct



"Eat what you make"

JUST TURN UP!!

or Call Rose on: 078 433 29 649

Children must be accompanied by a parent or guardian



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