

Living Well on a Budget



Improve individuals cooking ability and knowledge,
Increase individual's knowledge of how to prepare healthy, nutritious
meals on a budget,
Increase confidence in cooking and healthy living knowledge,
Practical demonstrations and instruction,
Gain a Food Hygiene Certificate.

Mon 14th Nov – Mon 19th Dec

10.30am – 12.30noon

Philp Hall

Linktown and Invertiel

Free to anyone aged 16-65 who is unemployed or working 16 hours or less

**For more information and to book a place Contact Ruth Patterson on 01592 583475 /
07985711663**