



Learn Hillingdon
Adult Community Education

HEALTHY COOKING

LEARN • COOK • EAT WELL • SAVE MONEY

WHO CAN JOIN?

- ✓ Looking to manage or lose weight
- ✓ Have a health condition that may benefit from improved nutrition
- ✓ Unemployed or on a low income

HEALTHY AUTUMN COOKING



25 September –
23 October 2026



Fridays | 12:30pm – 3:00pm

HEALTHY WINTER COOKING



6 November –
4 December 2026



Fridays | 12:30pm – 3:00pm



Learn Hillingdon
Civic Centre
High Street
Uxbridge
UB8 1UW

BOOK YOUR PLACE

Scan the QR Code to complete the
Tailored Learning Enquiry Form



01895 556455



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Education & Skills
Funding Agency



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www.hillingdon.gov.uk/adultlearning