

Carry on Cooking

FREE practical healthy cooking course

Over 50 - join us

Wall Heath Community
Centre
Enville Road
Wall Heath
DY6 0JT

Tuesdays
29th August to 3rd October
10.00am to 12.00pm

Fun practical cooking sessions based on different themes each week ...

use a range of skills, methods and fresh ingredients ...

produce low-cost, healthy & tasty meals.

To find out more and to book a place, call

Sam from Health and Wellbeing Project

on **01384 343535** or email **sam.mullett@ageukdudley.org.uk**