

Carry on Cooking

FREE practical healthy cooking course

Over 50 - join us

Age Concern Stourbridge
Elton Centre
St. Johns Road
Stourbridge
DY8 1HA

Friday's
Starts 1st September 2017
1.30pm to 3.30pm
6 week course

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**