

FREE healthy cooking course's

Interested & over 50 - please BOOK your place

Castlegate Christian Church Café
Birdcage Walk, Dudley, DY2 7AE

Masterclass

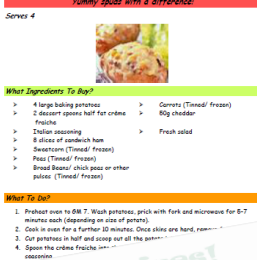
Introduction to healthy eating

Tuesday 31st July 2018

12.30pm - 2.30pm



Get Cooking for Life recipes!
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Get Cooking

Learn about all sorts of healthy eating information, help prepare and sample food.

Tuesdays x 6 weeks

Starts 7th August 2018

12.30pm - 2.30pm

To find out more and to book call

Sam from Health and Wellbeing Project

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