

# Carry on Cooking

## FREE 6 week practical healthy cooking course for over 50s



**Fun practical sessions.**

**For all abilities.**

**Develop your knowledge.**

**Use a range of skills, methods and fresh ingredients ...**

**To cook healthy, nutritious and affordable dishes ready to eat or take home for later.**



**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](mailto:sam.mullett@ageukdudley.org.uk)**