

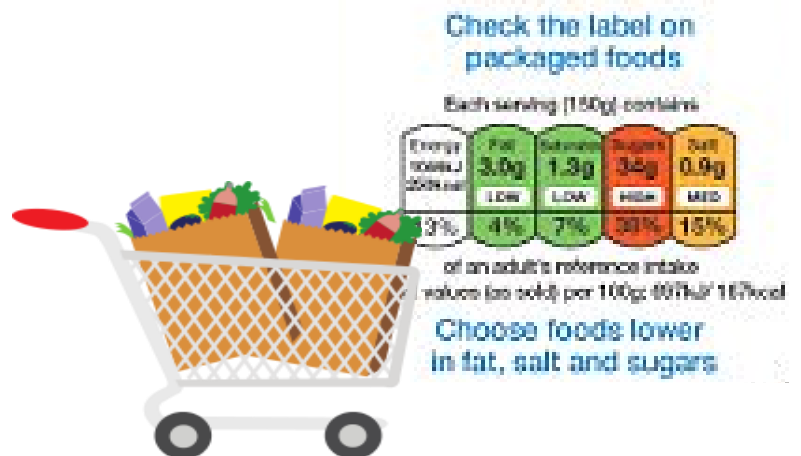
FREE healthy cooking course

Over 50 - join us at
Get Cooking

A series of practical workshops over six weeks, based on essential healthy eating messages. Also learn how to produce healthy affordable meals and how to help reduce the risk of health conditions.

Help prepare and sample nutritious food.

Age UK Dudley
Sedgley Hub
6 Ettymore Road
Sedgley
DY3 3SG



Weekly starting Tuesday 4th June 2019
12.00pm - 2.00pm

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