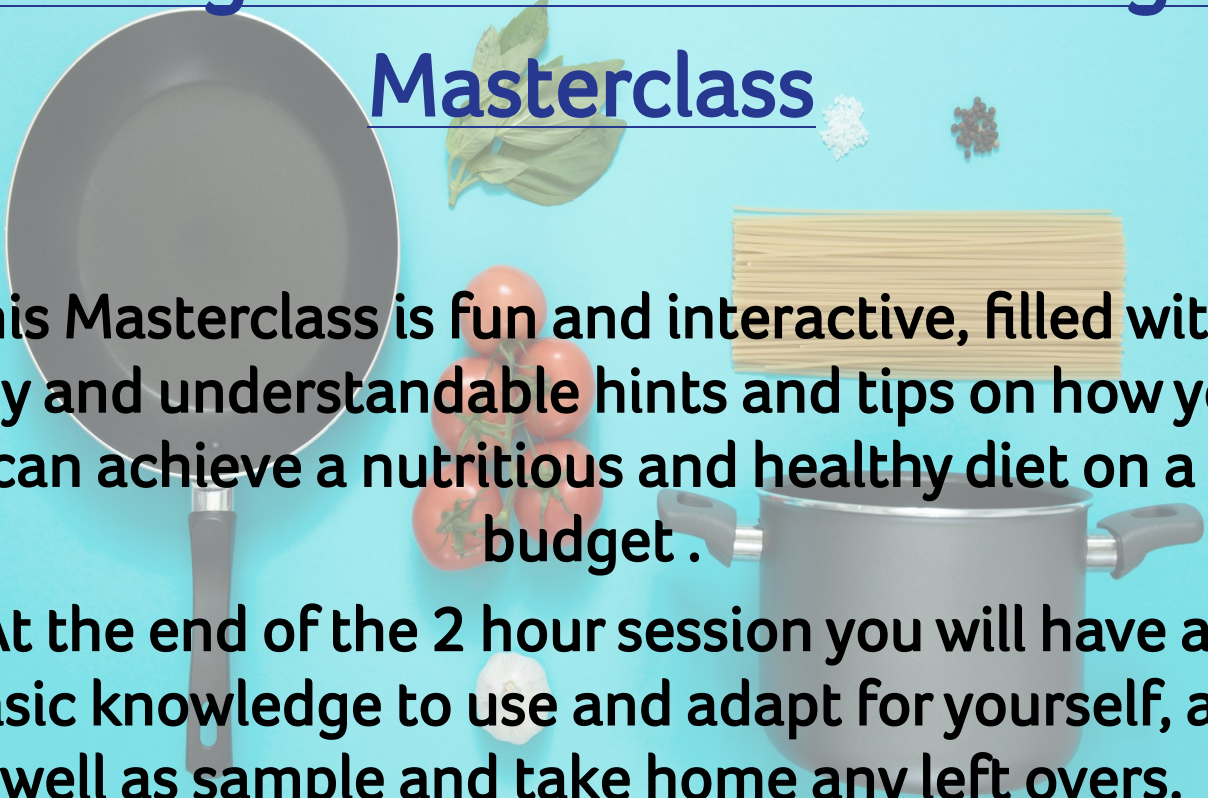


Over 50 - Join Age UK Dudley for a FREE

## Cooking and Nutrition on a Budget Masterclass



This Masterclass is fun and interactive, filled with easy and understandable hints and tips on how you can achieve a nutritious and healthy diet on a budget .

At the end of the 2 hour session you will have a basic knowledge to use and adapt for yourself, as well as sample and take home any left overs.

Photo by [Icons8 team](#) on [Unsplash](#)

**Monday 30th September - 11am to 1pm**

**Hope House**

**7 Zoar Street, Gornal, DY3 2PA**

**Booking is essential contact Hope House's**

**Maggie Harris on**

**07931 580488 or [maggieharris@springschurch.co.uk](mailto:maggieharris@springschurch.co.uk)**