

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. Learn how to produce healthy affordable meals and how to help reduce the risk of health conditions.

Building on existing and new food skills.
Help prepare and sample nutritious food.



Starts 6th February 2020

12.30pm to 2.30pm

Netherton Park Healthy Hub, Greaves Road, DY2 9EX

To book a place, call

Health and Wellbeing Project on 01384 343535 or email
Health&Wellbeing@ageukdudley.org.uk