

Healthy & Sustainable Food Made Easy

FREE 6 week course

- Fun, interactive and a great way to learn about food and nutrition, as well as picking up some clever cooking tips.
- This course will teach you ways of providing nutritious food that is economical and easy to prepare.
- Nutritional Information provided weekly.
- Guest Speakers.

Venue: Ballycommon Hall
Start Date: 16th July 2019
Time: 10.30am - 1pm

**For general inquiries or
to book a place call
Michelle on 086-6045819
or Noelle on 086-2349069**

**Places are limited
& booking is essential.**

Contact Us

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