

HEALTHY EATING



*on a
budget*



FREE

Join Nutritionist Beth Samuel and learn how to shop, prepare and cook meals that are both cost-effective and energy-efficient

SPECIALISING IN FOOD AVERSIONS

FRIDAYS, MARCH
3RD, 10TH, 17TH & 24TH
1.30 - 2.30 PM

*Book
Now!*

**Wormley Community Centre
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