

Eating Well on a Budget

FREE 5 week course
Starts 7 November 2016
Wednesdays 1pm to 3pm
Filton Children's Centre

Course includes:

- Eating for health
- Shopping on a budget
- Basic cookery skills
- Adapting and using recipes



Numbers are limited. To request a place please contact Jo Hillier at Filton Children's Centre on 01454 864150 or via <http://www.southglos.gov.uk/ccentres/filton-childrens-centre/>

An Active mind in an Active body

Skills
Funding
Agency