



# BASIC COOKERY SESSIONS

## Learn to thrive! Thursdays 12-2pm

**THURSDAYS 7<sup>th</sup> 14<sup>th</sup> 21<sup>st</sup> DECEMBER**

**THURSDAYS 11<sup>th</sup> 18<sup>th</sup> 25<sup>th</sup> JANUARY**

**OUT IN THE BAY, 30-32 CLAREMONT RD, LA4 4HL**

Join Glen on Thursdays for 6 weeks during December and January to take part in learning basic cookery and enjoy a free meal every session.

**Learn how to:**

- Prepare basic healthy meals using fresh, tinned and dried food to eat better and gain confidence in cooking
- Feel more positive with practical 'no cost' tips, including making the most of your day and how to save money and which foods provide the best health benefits
- Find out more about local community services

**For more information email: [glen@eatgrowthrive.co.uk](mailto:glen@eatgrowthrive.co.uk)**

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