Adult Community Learning

S83ACL1 EDCQL

Cook and Eat:

A course particularly for parents and carers



A **free 7-week** cooking course led by an experienced and qualified tutor who will advise on all things nutritious and delicious with the added benefit of cooking and eating together at the end of the session. You will particularly focus on preparing food for a family or those you care for, making affordable, inspirational and healthy meals. Come prepared to have some serious fun in the kitchen!

You do not need to bring anything with you as all ingredients will be provided.

Dates: **Feb 28th, March 7th, 14th, 21st, April 11th, 18th, 25th**
Time: **9.30am – 12.30 pm**
Venue: **YMCA Hall, The Avenue, Timsbury, BA2 0LG**
Tutor: **Alison Preston**
Cost: **FREE**

If you have any queries or to book a place, please call Rachel Biggs
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