

MIFWA

COMMUNITY COOKING GROUP

Healthy simple cooking with confidence

Come and join the group and learn about cooking healthy, nutritious meals with a minimum of fuss. We will discuss budgets, what to store in your pantry to help provide healthy meals without spending a lot of money.

We socialise, meet and learn about food, as well as enjoying some meals together.

Four 4-week group:

1 August to 22 August 2017

Time 10:30 to 1:30pm

Venue Memorial Hall
117 Stirling Terrace Toodyay

RSVP Joyce Vidot 9237 8900, 0400 824 170
or email joyce.vidot@mifwa.org.au



MIFWA

Mental Illness Fellowship of WA

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