

**MIFWA**

# 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 groups:**

**Series 1** 17 August to 7 September 2017

**Series 2** 14 September to 5 October 2017

**Series 3** 9 November to 30 November 2017

**Series 4** 14 December 2017 to 4 January 2018

**Time** 10:30 to 1:30pm

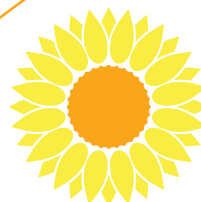
**Venue** Swan View Youth Centre  
Brown Park Recreation Complex, Salisbury Road, SWAN VIEW

**RSVP** Joyce Vidot 9237 8900, 0400 824 170 or email [joyce.vidot@mifwa.org.au](mailto:joyce.vidot@mifwa.org.au)  
Alexandra Urbanski 9237 8900

### **No direct costs for eligible participants:**

- I have an NDIS Plan?  
*Service bookings are made through MIFWA*
- I self-manage my NDIS plan?
- I have a DSC Plan.
- I have a carer who is eligible for carer respite.

*Do you have a Carer who might benefit from a break while you attend the course?  
Carer details need to be provided*



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**Mental Illness Fellowship of WA**

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