

MIFWA

COOKING GROUP

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.

A four week group commencing on Thursday 6th April, 2017

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
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 below*



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