

Cook and Eat Well Course

(6 week family healthy eating course)

**When: 29th of October
5th 12th 19th 13th of November
and 3rd of December**

Time: 13.00 – 15.00

**Where: Crawford children Centre
Crawford Road SE5 9NF**

**To book or for more details please call:
020 7525 2017 or 0207 274 8543**

What you will gain

- Knowledge about healthy eating
- New skills in cooking, budgeting and shopping
- New recipes to try with your family.
- Chance to meet new people