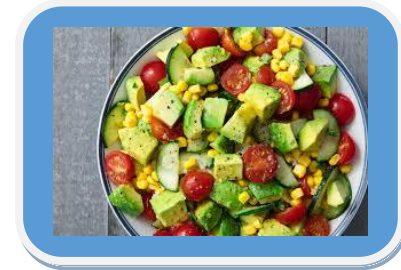




# Cook and Eat Well Course

(6 week family healthy eating course)



**When: 28<sup>th</sup> February, 7<sup>th</sup> 14<sup>th</sup> 21<sup>st</sup>  
28<sup>th</sup> March & 4<sup>th</sup> April 2019**

**Time: 13.00 – 15.00**

**Where: Crawford Children's Centre  
Crawford Road, London SE5 9NF**

## 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

**For more details please call  
Dulwich Wood Children's Centre on 020 7525 1192**