



Chester Healthy Living Centre

FREE Cookery Classes



What's for tea tonight?

Do you want to learn to cook a simple, basic healthy meal and take it home for your tea?

Chester Healthy Living Centre has a cookery class suited for everyone. Each course is for 2 hours a week for 3 weeks.

We offer;

- ◆ advice and recipes for cooking on a small budget
- ◆ a men only cookery session
- ◆ cooking for one
- ◆ one pot cooking
- ◆ planning and cooking meals for a young family
- ◆ cookery classes for you and your child—"I Can Cook"
- ◆ learn how to cook your favourite takeaway in a healthy way—Indian, Chinese, Thai
- ◆ label reading and portion sizes

Please ring 01244 385035 for further information and to book a place on one of the classes

Chester Healthy Living Centre

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Western Cheshire
Your partner for longer healthier lives