

Chester Healthy Living Centre



Cookery Classes



Chester Healthy Living Centre is running **FREE** cookery courses over the Winter

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

Please ring to book onto these three week courses

- ♦ **Wednesday 11th, 18th and 25th January 2012, 11 am – 1 pm**
- ♦ **Wednesday 8th, 15th and 22nd February 2012, 11 am– 1 pm**
- ♦ **Wednesday 7th, 14th and 21st March 2012, 11 am–1 pm**

As places are limited, please ring 01244 385035 to book a place on one of our cookery courses

Chester Healthy Living Centre

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Western Cheshire
Your partner for longer healthier lives