

**your  
information...**

## **Free Adult Healthy Cookery Course In St Edmund Arrowsmith School**

- **Do you want to cook healthier recipes**
- **Do you want to make changes to your diet?**
- **Do you want to improve your cookery skills?**

The Community Cooks run **FREE** 4 week healthy cookery courses which include health information and practical cooking skills:

**Thursday 6-8 pm  
Cumber Lane  
Whiston  
L35 2XG**

**Places are limited – to enroll onto the course please contact: The Community Health Development Team on freephone: 0800 0731 202**

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**Halewood**

**L26 1TT**

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