**‘COOKING WITH CONFIDENCE’**

**Start the New Year by join The Real Food Team and other community members for our**

***FREE***

 **Cooking Sessions**

 **Learn simple cooking skills to help you eat well for less.**

 **At the end of the session you get to eat the delicious food!**

**When: Every Friday starting 18th January 2019**

**Where: Unit-e (in the Civic Centre between Farm Foods and The Chip Shop)**

**What time: 10.30 am – 1.30 pm**

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**For further information or book contact:**

**Email:** enquiresrealfoodteam@wchg.org.uk

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