



FREE! Cookery Course for over 55s

**6 Wednesdays starting 17 February 2016
10am-12.30pm – Barnet & Southgate College**



- Want to learn how to make quick tasty meals on a budget?
- Want to meet new people from your area and have a good time?
 - You are over 55
 - Then this course is for you!

COOK TOGETHER AND EAT TOGETHER AFTERWARDS

COST: FREE! ALL INGREDIENTS AND INSTRUCTION PROVIDED!!!

LOCATION: Barnet & Southgate College, Grahame Park Way
NW9 5RA (near RAF Museum)

TO BOOK YOUR PLACE: Email: eatwell@ageukbarnet.org or
Tel: **020-8150-0967**



www.madeinhackney.org