

Come cook with us!

FREE healthy cooking course



- 9 week courses (one session per week)
- Taking place in venues across Coventry
- Morning, afternoon and evening sessions available from Monday to Saturday.
- Book yourself onto a course via our website, by email or giving us a call.

www.cookandeatwell.co.uk
cookandeatwell@groundwork.org.uk

0845 388 2369

book now!

Improve your cooking skills,
meet new people and
share recipe tips and ideas!