

Men U Can Cook...

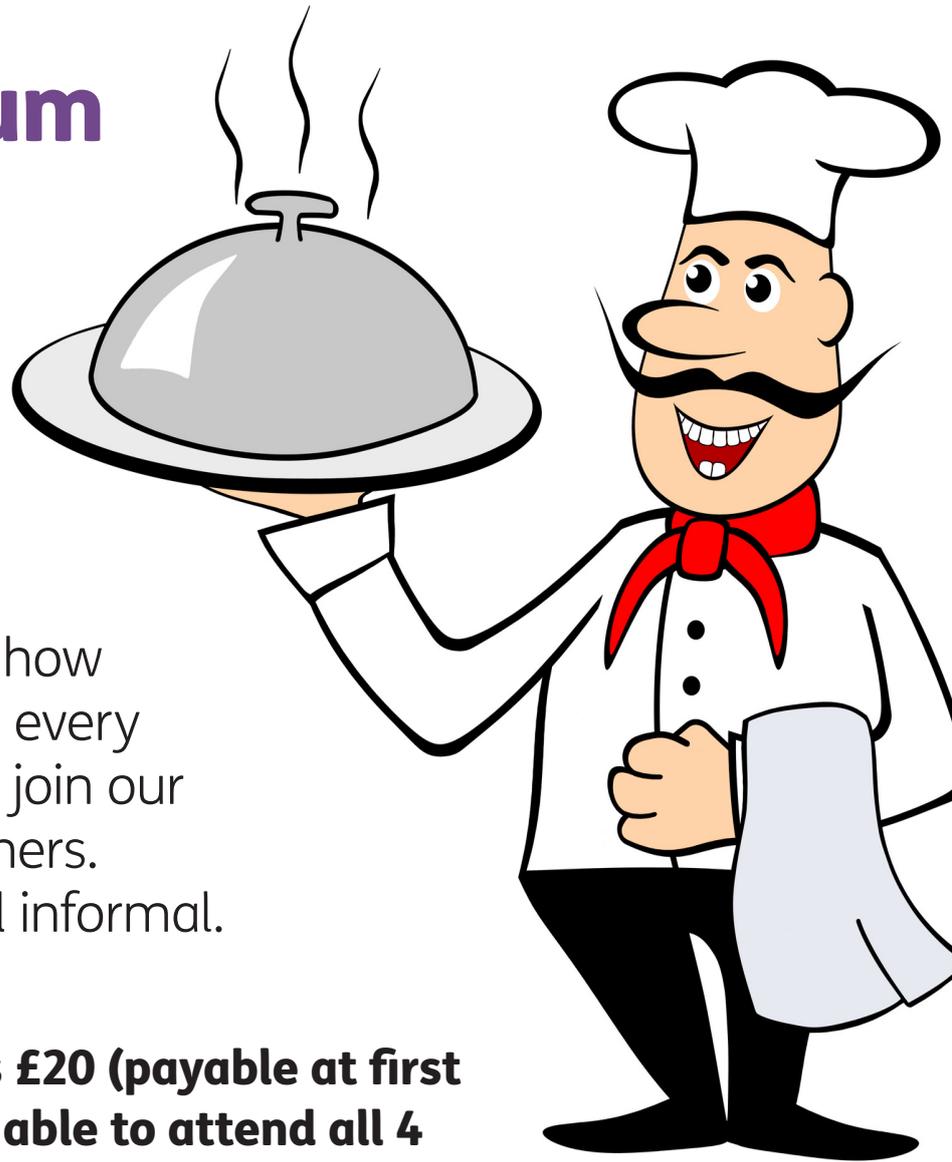
Cookery course for men

The Athenaeum Heversham

1, 8, 15 & 22 Nov
1.30 - 3.30pm

If you would like to learn how to prepare some healthy, every day meals, then why not join our cookery course for beginners. It will be fun, relaxed and informal.

Booking is essential, costs £20 (payable at first session) and you must be able to attend all 4 sessions.



To find out more or book a place contact us on: **01539 728118**
or email: Volunteering@ageuksouthlakeland.org.uk