



Food for Thought

Cooking Class

Learn how to prepare easy, healthy and budget savvy meals full of flavour.

Take home recipes ready for you to try out your new culinary skills at home.
No previous experience necessary.

This course is suitable for people aged 18+.



Meet: Woodcroft Morphett Vale Neighbourhood Centre,
175 Bains Road, Morphett Vale

When: Wednesdays 30 October, 6th, 13th, 20th & 27th November and
11th December, 2019

Time: 4.30pm to 6.30pm

Cost: \$20 (includes all ingredients and a meal each week)

Bookings essential and prepayment required. Phone: 8384 0070

Woodcroft Morphett Vale Neighbourhood Centre

175 Bains Road, Morphett Vale
P: 8384 0070 W: www.wmvnc.org

SUPPORTED BY CITY OF

