

# Taste For Life Cookery Workshops

## For Children and Families

New

We are very excited to announce the launch of free\* children and family workshops this half-term at Holmes Chapel Community Centre.

Sessions are free, fun and interactive, allowing children and families to learn how to eat more healthily and how to make quick and easy dishes and snacks.

### Half-term Workshops:

Tuesday 29<sup>th</sup> May

- 9:30-12:30 (ages 6-11)
- 13:00-16:00 (ages 11-17)

Wednesday 30<sup>th</sup> May:

- 9:30-12:30 (ages 11-17)
- 13:00-16:00 (Family session\*\*)

Friday 1<sup>st</sup> June:

- 9:30-12:30 (Family Session\*\*)
- 13:00-16:00 (ages 6-11)

\*Subject to meeting eligibility criteria – contact us for more details on how to book

\*\* Family session – min age for children is 5 and max of 2 children per adult

To book onto one of the above courses please call 01625 383943 or email [EBHealthy@everybody.org.uk](mailto:EBHealthy@everybody.org.uk)