



Five week online course for parents and children

**Join a virtual group cookery session with
optional cook along to discover how to
make easy, healthy recipes**

- Free recipe booklet and links to our **NEW** video recipes
- Support with meal planning and budgeting
- Every family who completes the course receives a **£25 supermarket voucher** to put towards buying ingredients or equipment for recipes

Call the Community Wellbeing Hub to find out more

Tel; 0300 2470050,

Email; BATHNES.thehub@virgincare.co.uk

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