

Healthy Hearts Cookery Course

Would you like to do some cooking?

Would you like to meet new friends?



What is the Healthy Hearts Cookery Course?

- You will cook tasty healthy food and eat it together.
- You will work on your cookery skills and learn new recipes.
- You will meet new people and make new friends.



Who is it for?

- People with mild learning disabilities and their carers
- People who would like to meet others and get out more.



When

7 June – 19 July

Thursday morning every week for 7 weeks

10.00am – 1.00pm



Where

The Community Kitchen, in **Community Base on 113 Queens Road, Brighton, BN1 3XG**

If you would like to be part of the cookery course let us know or ask your support worker to let us know.

Jo from Brighton & Hove Food Partnership



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