

Blackfriars Mental Health and Wellbeing Service

Healthy Cook and Eat Course

Next start date - 23rd April 2014

2 - 4.30pm

This four week course covers health and safety in the kitchen, the basics of food hygiene, shopping to a budget and food preparation. Each week the group will have the opportunity to develop their practical skills as they prepare a healthy meal for our RISE Club.



For more information and to book a place contact us on 020 7928 9521. Ask for or email
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