

HEALTHY MEAL PLANNING WORKSHOPS

with

DIETITIAN MEGAN HARDY

APRIL 12TH & 19TH 2018

Week 1: Meal Planning 101: You'll leave with a tool box full of strategies to help you master the art of meal planning.

Week 2: Avoiding the common meal planning mistakes. Come and learn some hands on cooking tips and tricks to achieving those meal prep goals.

Time: 5.30pm - 6.30pm

NEAR COCKBURN INTEGRATED HEALTH

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EMAIL [INFO@CIHEALTH.COM.AU](mailto:info@cihealth.com.au) FOR TICKET INFO

**ONLY
\$15!**