

Eating Healthy *on a budget*

Join our **FREE** four week program
on how to prepare, cook and eat
healthy foods on a budget.

- ✓ Reading labels & selecting ingredients
- ✓ Budgeting & meal planning
- ✓ Healthy lunchbox & snack ideas
- ✓ Food safety

31 August - 21 September (Four week program)
Fridays 11am - 1.30pm

Cockburn Health & Community Facility
11 Wentworth Pde, Success (cnr Beeliar Ave)

Bookings

Email beactive@cockburn.wa.gov.au
or call 0418 839 796.

Spaces limited.

FREE Transport

To/from venue available for residents
of the City of Cockburn. BYO child seat.

beactivecockburn.wa.gov

