



# Donnington

## The January 'Health-Kick' Cookery course

A free, short-course on healthy cookery for the whole family on a budget.

Learn simple new recipes that are suitable for those currently on SW, WW or just interested in eating more healthily.

Enrolment Session:

Thursday 12 Jan (12.30pm – 1.30pm)

Course dates:

Thursday 19 Jan – Thursday 9 Feb  
(12.30pm – 2.30pm)

**The Lifelong Learning Centre,**  
St Matthews Road  
Donnington

**PLEASE NOTE: The maximum number of students on this course is 12 so early pre-booking is essential**

For more information, or to reserve a place, please contact

**Adult Community Learning on**

**01952 382888 or call/ text 07973812639**