



**MIFWA**

# **COOKING GROUP**

**Workshops & Training**  
FOR EVERYONE

## ***Healthy simple cooking with confidence***

Come and join the group and learn about cooking healthy, nutritious meals with a minimum of fuss. We will discuss budgets, what to store in your pantry to help provide healthy meals without spending a lot of money. We socialize, meet and learn about food, as well as enjoying some meals together.

### **UPCOMING 4-WEEK GROUPS:**

**Series 10** 3 January to 24 January 2019

*(Please Note Weeks 3 & 4 will be changed to 31<sup>st</sup> January and the 7<sup>th</sup> February)*

**Series 11** 7 March to 28 March 2019

**Series 12** 2 May to 23 May 2019

**Series 13** 13 June to 4 July 2019

**Time** 10:30 to 1:30pm

**Venue** Swan View Youth Centre  
Brown Park Recreation Complex, Salisbury Rd, SWANVIEW

**RSVP** Ash Puren 9237 8900  
or email [Ashleigh.puren@mifwa.org.au](mailto:Ashleigh.puren@mifwa.org.au)

### **No direct costs for eligible participants:**

- I have an NDIS Plan  
*Service bookings are made through MIFWA*
- I self-manage my NDIS plan
- I have a DSC Plan



**MIFWA**

### **Mental Illness Fellowship of WA**

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