

Witham Leisure Centre

Eat-For-Free Workshop

Join us **10am-11am** on
Wednesday 1st November
for this great workshop!

FREE interactive workshop
offering lots of advice and
useful information including:

- **How to feed your family on a tight budget**
- **How to source healthy low-cost quality ingredients**
- **Cookery skills and meal planning**
- **PLUS lots of healthy recipes**

EVENT LOCATION:

Community Room
Witham Leisure Centre
Spinks Lane CM8 1EP



**SCAN THE QR CODE TO
BOOK YOUR PLACE**

Or visit <https://www.eventbrite.co.uk/e/eat-for-free-healthy-nutrition-on-a-budget-tickets-736437583637?aff=oddtcreator>

