



For new Mums & Families

4 Cooking & Nurturing sessions at the Clifton Centre

These sessions draw from French family cooking, offering tips and tricks for easy, tasty, and nutritious meals with affordable, readily available ingredients, fresh, frozen and cupboard staples. Enjoy cooking as a relaxing and mindful activity for yourself and your loved ones.

facilitated by Isabelle Endreo , cooking teacher
facilitator and mentor
PGCE , Nutritional advisor (FutureFit)

the 4 sessions will take place
at the Clifton Centre:

Mondays 11-1pm
2nd March, 23rd March
20th April and 11th May

CLIFTON CENTRE