



# 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

2<sup>nd</sup> March, 23<sup>rd</sup> March

20th April and 11th May

CLIFTON CENTRE

