

IS YOUR JANUARY RESOLUTION TO EAT MORE HEALTHILY GOING ASTRAY?

Don't worry...we can help!

This **FREE** 6 week **HEALTHY FOOD MADE EASY** course will put you right back on track!

Healthy Eating is not a quick fix 'diet'...it is a way of living. By making small changes to your eating and shopping habits; you will create a lifelong balanced diet that is easy to follow. Recipes are simple and cost minimal.

If you would like to learn more then why not join us on ZOOM

There are 2 courses to choose from
Wednesday morning 10am-12pm
Wednesday evening 7pm-9pm

Courses dates

Wednesday 3rd Feb to Wednesday 10th Mar

To Book email Tina Daly at tdaly@bcpartnership.ie

