

# YOU ARE WELCOME TO JOIN OUR FREE COOKING CLASSES



*Stephen Cameron has been a Chef for 25 years and been a Healthy Eating Educator for 8 years. Stephen qualifications have focused on nutrition, active healthy living and public health.*

## Free Cooking Classes

- Learn hands on cooking for free
- Bring a family member or a friend
- Learn about simple low cost healthy eating
- Learn how to chop and use a knife like a chef
- Enter a cooking competition with your class mates and win one of 3 pak 'n save gift cards
- At lunch we eat what we made as a team and whanau
- Caregiving service will be available at venue for your children
- Starts at 10.00 Am to 1.00 Pm on Tuesdays for 4 weeks

## Classes run from August to November

At Tauranga, Whakatane and Other Bay Of Plenty Towns



### COMMUNITY HEALTH 4 KIDS

889 Cameron Road, Gate Pa, Tauranga 3112

Po Box 12024, Tauranga 3143

PLEASE PHONE OR TEXT **0274030035** to register your interest