



Christmas



Cooking on a Budget

Want to learn how to cook healthy meals
on a limited budget?

We have **FREE** courses running in December (everyone welcome) offering you the chance to learn how to cook healthy meals at low cost using fresh basic ingredients

Hosting Venues:

December 6th & 13th – Greatfield Hub 2pm – 4pm

December 14th & 21st – Craven Lea 2pm– 4pm

December 15th & 22nd - The Hut 2pm - 4pm

You can attend more than one day or venue

Places are **limited** so to book one please contact: Andy on 01482 710177 or E mail: andrew.rees@freedomcentre.info



HELP  **for Health**
Helping East Yorkshire & Lincolnshire People

 **EMS**
working with communities to alleviate food and fuel poverty