

Cook & Eat Sessions

Healthy
Hounslow

Morelife
The power to be more you

Want to eat healthier and feel better?

Healthy Hounslow offers a FREE 6-week course to help you cook nutritious meals using fresh ingredients. Whether you're new to cooking or looking to improve, our Cook & Eat courses make healthy eating fun and easy.

What We Offer:

STARTING FROM 7TH OF MARCH!

- Hands-on cooking sessions with fresh ingredients
- Simple, healthy recipes and tips for your lifestyle
- Expert advice on making small, lasting changes
- A supportive, social environment to learn together

 BEDFONT LANE COMMUNITY CENTRE  10:00 AM-11:30 AM

healthyhounslow.co.uk 

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