

EAT WELL LIVE WELL

**FREE Nutrition and
Wellness course for
SENIORS 65+**



This Course is for you IF.....

**...You are sick of cooking the
same meals every week and
want to tempt your taste
buds with new ideas**

**...You want to understand
more about how your
nutritional needs change as
you become older**

**... You would like
information on kitchen
equipment to make meal
preparation easier**

**... You have found
yourself preparing food
regularly for the first time**

**....You would like easier and
cost efficient ways of cook-
ing for one**

**Venue: Claudelands Bowling Club
1 Kitchener St off Piako Rd
Claudelands**

This is a four week course

February

**Dates: Tuesdays 2 Feb 2016
 9 Feb 2016
 16 Feb 2016
 23 Feb 2016**

Time: 9.30am—11.30am

**To Enrol: Age Concern Hamilton
838 2266**

You must register for this popular course



Serving the needs of older people