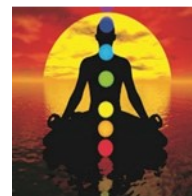


CENTRE FOR WELL-BEING FOUNDATION



WHOLESOME VEGETARIAN Cooking Classes for 2021

Conducted by Sandra Maqueda



Learn about 'Nutritional Health',
and How to Prepare Easy
'Wholesome Vegetarian Meals'

Monthly on Fridays
from 10.00-1.00 pm

*At the Centre for Well Being Foundation
Community Centre
531 Elizabeth Dve, Sunbury*

12th Feb./ 12th Mar. /9th Apr./ 14thMay / 11th Jun
9th Jul. / 13st Aug. / 10th Sept./ 8th Oct. / 12th Nov.

Spaces limited

Contribution Cost: \$25

Includes food costs, recipes and meal to eat on premises.

Bookings essential

Email;cfwellbeingfoundation@gmail.com

Or contact Sandra on0411100 947