



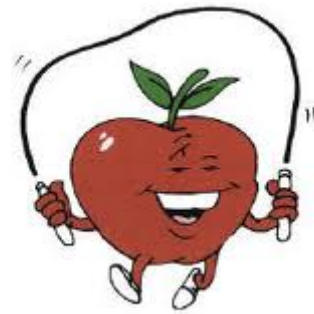
Funded by  
**Skills  
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Agency**



*Get into*  
**Healthy  
Living**

**Join our classes and find out how to:**

- Cook healthy meals
- Make quick and tasty recipes
- Cook on a budget
- Practice food hygiene
- Recognise nutritional value of food
- Food shop to make your money go further



**Free for those claiming benefits**

**Wednesday and Thursday  
Afternoons - 2.30pm to 4.30pm**

**RAISE, St. Anne's Resource Centre, 66 York Street  
Tel. 0113 2431894**