



THE SECOND HALF CENTRE COOKERY & NUTRITION EVERY MONDAY

12:30 – 2pm **INTERNATIONAL COOKING**

15/4: **Estonian**, 22/4: **Italian**, 29/4: **Mexican**, 13/5: **Italian**, 20/5: **Raw/Vegetarian**, 3/6: **Lebanese/Italian**, 10/6: **Greek**, 17/6: **Afghani**, 24/6: **Italian**, 1/7: **'Foods to Glow' & Herbs for Health**, 8/7: **'Foods to Glow' & Herbs for Health**, 15/7: **TBC**, 22/7: **Flash Cooking**

EVERY TUESDAY

11.45-12.30pm **Eat Well, Live Longer** (beginning 28th May)
with Emma Jenks, Nutrition Expert

12:30 – 2pm **THAI COOKING**
with Pan Kongsivil, Head Chef at Thai Square



EAT WHAT YOU CREATE! LUNCH IS INCLUDED!