



Cook | Eat | Enjoy

National Nutrition Week Cooking Workshop

**Be inspired to cook eat and enjoy healthier meals
for a healthier you**

This two hour workshop will give you the inspiration and motivation to plan ahead, eat well, and feel good.



Delivered by an experienced Accredited Practising Dietitians from Nutrition Australia ACT, you will have the opportunity to:

- cook, eat and enjoy a two course meal
- discuss any food and nutrition concerns with the dietitian
- increase your confidence and motivation to prepare meals at home
- receive a copy of the National Nutrition Week kit filled with recipes, shopping lists, meal plans and more!

Cost: Free!

This event is supported by the ACT Government under the ACT Health Promotion Grants Program

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National Nutrition Week Dates

Workshop 1

When: Tuesday 14 October 2014

Time: 11:00am – 1:00pm

Workshop 2

When: Wednesday 15 October

Time: 11:00am – 1:00pm

Book early to avoid disappointment as places are strictly limited.

Participants are limited to attend one workshop only

How to book

Phone or email Nutrition Australia ACT to register.

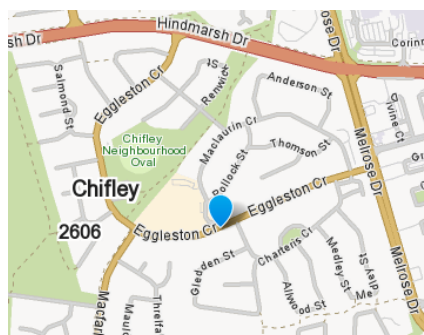
Phone: 02 6162 2583

Email: act@nutritionaustralia.org

An enrolment form and confirmation letter will be sent after your registration has been received.

Where are we?

Our cooking programs are held at Nutrition Australia ACT's Food Skills Kitchen in the Chifley Health & Wellbeing Hub. The Hub is located on the corner of Maclaurin Crescent and Eggleston Crescent, Chifley, ACT, 2606.



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