



Domestic Cooking Classes

— for Optimal Nutrition —

Delicious Nutritions Home Cooked Meals is a cooking class series for Domestic workers presented by **Ria Catsicas (Registered Dietitian)**. This is for families who want to enjoy meals that translate a Dietitian's nutrition expertise into easy, home-cooked cuisine. The first in the series is:

**FABULOUS VEGETABLES
PRESENTED IN AN
APPETIZING WAY**

Classes will begin with basic nutrition education to empower better understanding, followed by practical, hands-on demonstration. Each participant will receive a free apron and recipe file.

R750
PER CLASS



14 h00 - 17 h00

THURSDAY

19 JULY 2018



19 Silver Keys
Corner Scott & Wallace Street , Waverley

Limited Space

BOOK ASAP



011 023 8051/2



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