

FRENCHVILLE QCWA

HANDS ON NUTRITION WORKSHOP

SATURDAY 25TH OCTOBER

10:00 am - 12:00 pm

2-6 Musgrave Street Rockhampton

Want to learn how to make delicious, healthy and affordable meals at home? Join us at our cooking on a budget workshop for a morning of learning and fun!

Lunch included. Participants will receive a recipe booklet, apron, tea towel and shopping bag.

Limited spots available!

Participation is FREE!

RSVP Contact: Joanne Leonard

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Email: JoanneLeonard@selectability.com.au

qcwacountrykitchens.com.au



**RSVP by
18th of
October**



selectability
mental wellbeing and suicide prevention



**health +
wellbeing**
Queensland

