

Interested in Cooking Classes?



- ✓ Discover seasonal recipes that support healthy aging
- ✓ Build confidence and practical cooking skills
- ✓ Enjoy your creation with others
- ✓ Take home recipes to try again
- ✓ Led by Accredited Practising Dietitian

🕒 90 minutes per class

📍 Nutrition Australia Food Skills Kitchen

👥 Small group — max 8 participants

Let us
know



TELL US WHAT YOU THINK

📌 Complete our Expression of Interest survey

👉 Scan the QR Code

