

25 November 2019

10:00 AM-1:00 PM

Linton Park Community  
Centre

16 Kamahi Pl, Rotorua 3015

# JUST COOK 4

## Healthy Ageing



- A fun, practical and FREE cooking and nutrition course for older people who have limited cooking skills and lost the confidence and motivation to cook.
- Three hour classes held over four consecutive weeks, including morning tea and lunch.
- Make new friends and have fun while you learn.

### Classes focus on:

Healthy eating for older people, planning and cooking economical dinners for 1 or 2 people, shopping tips, label reading and time-saving cooking strategies.



### Quotes from our past participants:

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*"The course was well put together and encouraged me to get back into cooking and knowing what to shop for. Ideas from classmates appreciated too"*

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To find out more about the classes, or to register call Tatjana on (M) 0273911633 or (P) (07)3463299 or email [rotorua@nutritionfoundation.org.nz](mailto:rotorua@nutritionfoundation.org.nz)

Please note you must be able to come to the four classes and stand for an hour while cooking.