

A national program by



DISCOVER. PREPARE. COOK. ENJOY!

Next NEST session

1.00pm to 3.00pm

Bayswater Hall, 51 Elizabeth Street, Bayswater

Balancing it All Out | May 24

Eating for Energy | May 31

The Low Down on Fat | June 7

The Sweet Truth | June 14

Budget Beaters | June 28

Fridge Raid | July 5

We'd love for you to come along for a few hours and find out ways to eat well for a healthier life!

Nice, friendly and fun activity

Easy ways to remember what foods are good for you

Simple meals that are tasty and easy to make

Tips on how to save money on groceries

And best of all, it's free and fun! We hope to see you there.

*All attendees
will receive a certificate
on completion!*



NEST – NICE. EASY. SIMPLE. TIPS.