



## FREE cooking & exercise sessions for parents

Come and join our series of 12 sessions for **parents looking to improve the health of their families.**

Each week you will learn weight management tips, how to make delicious, low cost family friendly dishes, enjoy some gentle exercise and take home what you have created to share with your family.

\*Open to parents with children under 18 yrs of age.



### **Fridays: 10am - 1pm**

**7 weekly sessions from 9 June - 21 July 2023  
followed by 5 monthly sessions Aug - Dec 23**

at Hackney School of Food

Oswald Street, Lower Clapton, E5 0BT

To sign up or for more information contact Tom at

**hello@hackneyschooloffood.com** or call **0208 986 5249**

**WWW.HACKNEYSCHOOLOFFOOD.COM**