

SENIOR CHEF

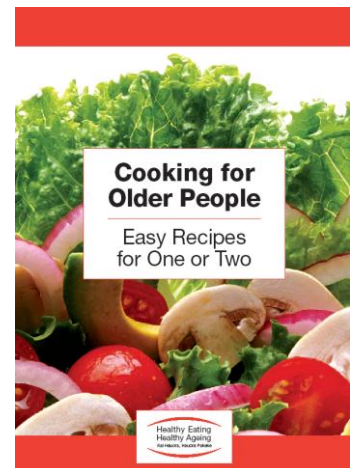
Cooking classes for older adults



Senior Chef is an 8 week cooking class where you can learn, or improve on, your practical food and nutrition skills. It's a social, informative and hands-on class - all focused on cooking for one or two people. And it's **FREE!!**

If you:

- Are over 65 years of age
 - Live on your own or with one other person
 - Need to improve your skills or motivation around cooking for yourself
 - Want to meet new people.....
-we would love to hear from you!



For more details and to register, please contact:



Dianne or Nikki
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Registration Essential

Kindly supported by



NEW WORLD

Regent, Whangarei