



## One Pot Cooking

COME AND JOIN IN THE ONE POT HEALTHY COOKING SESSIONS WITH LES AND KIM FROM MIDDLESBROUGH ENVIRONMENT CITY:

**1pm – 3pm**

**Location:** Woodside Wellbeing and Dementia Hub,  
Cavendish Road, Middlesbrough, TS4 3EB

**Sessions:** 10th August 2022 and 14th September 2022

PLEASE RING KAITLYN TO CHECK SPACES AND BOOK  
A PLACE - **01642 368945**

