



Eat Well Spend Well

Would you like to improve your budgeting and finance skills?

Would you benefit from learning about healthy, low-cost meal planning, preparation & cooking skills?

Uniting is holding a 6 week program designed to equip you with the tools to manage your budget, while cooking healthy and delicious meals.

Throughout the program we will cover topics including:

- Budgeting skills
- The importance of meal preparation
- Basic cooking skills

We will also have guest speakers including a dietician, financial counsellor and a Centrelink representative who will provide tips and answer your questions.

Cost

Gold coin donation

Date

Every Monday
29 April – 17 June 2019

No group on 13/5 & 10/6

Time

10am–1:30pm

Venue

Hampton Park Uniting Place
1 Coral Drive
Hampton Park 3976

Get in touch

T 03 5990 8400
Group Workers

Bookings Essential

Uniting