



Cookery Workshops Autumn 2010

Learn how to cook delicious, healthy recipes to optimise your health, vitality and nutrition with renowned Chef and Nutritionist Christine Bailey

Whatever your health concerns or dietary needs we have the perfect cookery day for you. From children's cooking days and healthy eating, raw foods, gluten free and free-from cooking to weight loss, hormone balancing, cancer protection and seasonal tasty treats - healthy eating has never tasted so good!!

- Each course will provide you with
- ✓ Expert cookery demonstrations
- ✓ Delicious foods to taste through the day
- ✓ Culinary tips and techniques
- ✓ Nutritional advice and guidance on menu planning
- ✓ Comprehensive, easy to follow recipes to take home.

Saturday 4th September Healthy Packed Lunches
Saturday 6th November Specific Carbohydrate Diet
Saturday 11th December Healthy Christmas Treats



BOOKING INFORMATION

Time: 11am-4pm

Cost: £50

Tel. 0118 979 8686

Email: chris@cnelm.co.uk

Christine Bailey MSc PGCE MBANT is the renowned 'Health and Vitality Chef' and experienced nutritionist with over 16 years expertise in the health industry. She is lecturer and trainer and many colleges and institutions including Corporates and author of numerous recipe and health books.

Places Limited – Book Early



Can't see what you're looking for?
We can run tailored courses for you and your colleagues – just call for information

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