

Cookery Workshops 2012

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ADVANCE NUTRITION

Advancing Nutrition to optimise Health, Vitality and Wellness



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

Need some inspiration or guidance on healthy eating techniques and recipes? Whatever your health concerns or dietary needs we have the perfect cookery day for you. Courses are suitable for anyone wanting to improve their health as well as practitioners seeking to include additional ideas into their practice.

Sunday 22nd January
Saturday 11th February
Sunday 11th March
Saturday 21st April
Wednesday 25th April
Sunday 27th May
Sunday 3rd June
Sunday 17th June

Detox and Shape up with Raw Foods
Vegetarian and Vegan cookery day
Gluten Free solutions
Healthy and Tasty Finger Foods
Therapeutic Functional Medicine
Fuel for Sport: Recipes For Athletes
Low GI Mediterranean style Cooking
Allergy Free Cooking

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

Workshop Information:

- Workshops run time: 11am-4pm
- Cost per workshop: £50 or £30 students
- For booking call 0118 979 8686 or email info@cnelm.co.uk
- £15 deposit required on booking

Spaces are Limited so Book Early!

All workshops are also video recorded and available for online access

Course Venue:

Centre for Nutrition Education & Lifestyle Management (CNELM).
2 Edward Court,
Wokingham,
Berkshire,
RG40 2AN

