



FOODcent\$

Healthy Eating & Budgeting

Thursday

Date: 1st March, 2012

Time: 9.30am - 2.30pm

Cost: \$20 per person (light lunch & refreshments included)

Gosnell's Women's Health Service



Service

Suite 7, Level 1
Gosnells Community
Lotteries House
(entrance is opposite
Australia Post entrance)
2232c Albany Highway
GOSNELLS WA 6110
P O Box 422
GOSNELLS WA 6990

Email: info@gwhs.com.au
www.gwhs.com.au

Phone: 9490 2258
Fax: 9490 1365

Opening Hours
Mon - Fri 9.00am - 4.30pm
Closed 12.30pm - 1.30pm

Save 25% on your food bill!

FOODcents is a fun, interactive course that will show you how to save 25% on your food bill and add 10 years to your life!

At the end of the FOODcents course, you will have learnt how to effectively and easily:

- ◆ Budget your food money.
- ◆ Choose healthy foods.
- ◆ Plan a menu.
- ◆ Cook cheap, healthy meals

*Add 10 years to
your life!*

Come along and have some fun, meet new people and cook some delicious food to share!