

# Eat Well, Live Well with HIV



## BGF FREE HEALTH & WELLBEING WORKSHOP

10<sup>th</sup> October 2019 – 12<sup>th</sup> December 2019

11.00am – 2.30pm, Surry Hills Neighbourhood Centre

10 Week Course includes...

Group sessions with a Dietician plus Understanding food labels & budgeting |  
Shopping trips | Eating out on a budget | How to substitute healthy ingredients |  
Kitchen and food hygiene | Hands on cooking skills

Each week participants will cook a **2-course lunch** in the fully equipped SHNC commercial kitchen.

Information and Registration Morning Tea  
Thursday 10th October 2019

11:00am – 12:00pm

Venue: Surry Hills Neighbourhood Centre (upstairs from the library)

Level 1, 405 Crown Street, Surry Hills

For more information please call us at BGF (02) 9283 8666

or email [reception@bgf.org.au](mailto:reception@bgf.org.au)



Bobby Goldsmith  

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