



# BUILDING HAPPY HEALTHY FAMILIES

Come join us to find out ways of how to create healthy nutritional meals for your family. The first two sessions we will discuss the foods that can add extra nutrition to the meals you make and the last session we cook a delicious meal together.

**Date:** Group 1: 29.10.21 - 12.11.21

Group 2: 19.11.21 - 3.12.21

**Time:** 11:30am - 12:30pm

**Cost:** Free

**Contact:** Angela - 1300 254 657

**Venue:** Online via ZOOM

**Bookings are essential as places are limited.**

**NO childcare provided**



Communities  
& Justice