

LAURA SITTER NUTRITION

# Healthy Cooking Workshop

Want to learn how to combine healthy ingredients to create healthy, delicious meals the whole family will love?

Join me for my one hour cooking class!

Learn new techniques and fabulous flavour combinations with an accredited Nutritionist

TOPICS INCLUDE:

- cooking on a budget
- using ingredients for optimal health
- healthy cooking techniques
- flavouring food naturally, and much more...

Location | Date | Price