

Cooking for Healthy Bones with Bree May

Date: Friday 24th August, 2018
Time: 11.00am to 1.30pm
Location: Fullarton Park Community Centre, 411 Fullarton Road, Fullarton
Cost: Gold coin donation
RSVP: Alyssa Hill, Active Ageing Project Officer
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Cooking Demonstration and Light Lunch

Presented by The Bone Health Foundation

To celebrate Healthy Bones Action Week, join **Bree May**, Bone Health Ambassador and winner of "My Kitchen Rules".

Bree will be demonstrating her own recipes – fresh and nutritious - with an emphasis on bone health,

Stay and taste the results!

Presenter: Bree May

An affinity with food is innate, but knowing how to cook is learnt, so you're never too old, or too young to get started in the kitchen.

Bree's teaching style is much like her food – fun, relaxed and relatable. As a self-taught cook she looks at cooking from her own unique angle. She believes that home cooked food should be fresh, seasonal and fabulous. Bree teaches in an informative and entertaining way and all her recipes can be easily recreated at home in your own kitchen,



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Healthy bones for every body