

1-7 October 2010



Seniors Week

a **colourful** week to be **grey!**

**Community Cooking
Demonstrations**

The *Cook Well Eat Well* Program is a partnership between the Country Women's Association, Hobart Legacy, the Community Nutrition Unit (Department of Health and Human Services) and Eat Well Tasmania, funded by the Department of Veterans' Affairs. The program aims to increase food purchasing confidence, preparation skills and cooking knowledge in the community, with a particular focus on nutritional wellbeing and people living alone.

As part of the Seniors Week 2010 celebrations, Community Cooking Demonstrations are being held throughout the state at various Community and Neighbourhood Houses.

Our volunteer Demonstrators will be providing you with a fun and hands on demonstration of delicious, easy and healthy food!

COST: Free!

RSVP: By 29th September 2010. Bookings are essential.

Please use details provided below to make a booking, and contact Eat Well Tasmania on (03) 6223 1266 or eat@eatwelltas.org.au for more information

Date	Time	Venue	Address	Module	Contact details
Friday 1/10/2010	10.30am	Derwent Valley Community House	The Avenue Willow Court, New Norfolk	Breakfast/Microwave Cooking	Lexia Brown 6261 5230
Monday 4/10/2010	1.30pm	Eastern Shore Community House	106 David Street, East Devonport	Cooking for 1 or 2	Lorraine Heron 6427 9985
Tuesday 5/10/2010	11.30am	Deloraine House	112 Emu Bay Rd, Deloraine	Cooking for 1 or 2	Ros Albiston 6362 2678
Wednesday 6/10/2010	11.00am	Northern Suburbs Community Centre	Dover St, Mowbray	Microwave Cooking	Denise Delphin 6326 5506
Thursday 7/10/2010	11.00am	Chigwell House	2B Myella Dr, Berriedale	Easy Baking/Cooking for 1 or 2	Angela Shaw 6275 7000
Thursday 7/10/2010	11.30am	West Moonah Community Centre	130 Springfield Ave, West Moonah	Microwave Cooking	Elisa Ryan 6273 2362

