

# LITTLE CHEFS

A course which promotes positive relationships with food, learning basic cookery skills & socialising with other children/ families.

6 week course  
2 - 4 year olds

Children will learn: where food comes from, how it grows & why we need to consume a variety of food to stay healthy!

Delicious, family-friendly, healthy recipes.

Children & Family Hub's & Wellbeing Centres across Medway:

Chatham, Gillingham, Rainham, Rochester, Strood

To find out more and book your place please call: 01634 333741 or email: [change4life@medway.gov.uk](mailto:change4life@medway.gov.uk)

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Medway  
Serving You

ADULT  
COOKERY



# HEALTHY ADULT COOKERY

HEALTHY ADULT COOKERY IS A FREE 6-WEEK COOKERY COURSE FOR ADULTS (18+) IN MEDWAY, HELPING YOU TO COOK HEALTHY AND TASTY MEALS FROM SCRATCH

FIND OUT ABOUT  
UPCOMING SESSIONS

PHONE 01634 333741 OR EMAIL  
[CHANGE4LIFE@MEDWAY.GOV.UK](mailto:CHANGE4LIFE@MEDWAY.GOV.UK)

## WHY JOIN?

LEARN TO COOK

MAKE CHEAPER MEALS

COVERS NUTRITION



FREE

[MEDWAY.GOV.UK/FAMILYCOOKING](https://www.medway.gov.uk/familycooking)

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A BETTER  
MEDWAY  
Easier ways to be healthy

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Book your  
place now!

# Tri Cookery Course

A free 6 week cookery course for families with children aged 5 - 17 years old.

Learn new cookery skills and cook up some tasty, healthy recipes as a family!

To book your family a place call us on 01634 333741 or email [change4life@medway.gov.uk](mailto:change4life@medway.gov.uk)



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# FIT FIX

A lifestyle course for 13-17 year-olds

**A BETTER MEDWAY**  
Easier ways to be healthy

*Medway*  
Serving You

FitFix is our free healthy lifestyle programme for young people aged 13 to 17 years who are above a healthy weight.

The programme helps to improve young peoples' fitness as well as improving their knowledge of making healthier food and drink choices every day.

Sessions are made up of wellbeing, cookery, healthy eating and group exercise.

#nutrition #cookery  
#fitness  
#healthylifestyles

**Booking on to a Tri for you or FitFix session**

Scan our QR code

Call **01634 333741**

Email **change4life@medway.gov.uk**



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