



FoodREDi

Cooking Classes

WEDNESDAY 17 & 24 JANUARY

Swan View Youth Centre | 1.30pm-3.30pm

116 SALISBURY ROAD, SWAN VIEW

Educational and hands-on cooking workshops facilitated by Australian Red Cross. Teaching you how to get value for money and achieve a balanced diet.

Contact Seen and Heard on 9255 2570 or email seenandheard@parkerville.org.au to register.



RSVP now!
Places are limited

This event is strictly drug and alcohol free.

For information contact Seen and Heard on 9255 2570 or email seenandheard@parkerville.org.au.

Transperth Info Line: 13 62 13 or www.transperth.com.au.

Seen and Heard is funded by Shire of Mundaring and delivered by Parkerville Children and Youth Care Inc.



 **Seenand Heard**