



EAT WELL ON A BUDGET

At this fun and practical 2 hour workshop presented by Home Economist, Professional Organiser Louise D'Allura you'll discover:

- How to meal plan
- How to map out your food budget and make the most of your food dollar
- Simple tips to help you with shopping and cooking on a budget.

When: Saturday, 29 April 2017
10am - 12noon

Where: Logan Central Library
26 Wilbur Street Logan Central

Cost: FREE! - Book online at
www.MealPlanningYourWay.com/events

Bring: Notebook, pen and water

Contact: Louise D'Allura on 0408 723 559

Register online for this free event:
www.MealPlanningYourWay.com/events



This activity is subsidised by Logan City Council's *Live Well Logan* program. *Live Well Logan* delivers a wide variety of free and low cost physical activities and healthy living programs for everyone to enjoy. For more information, visit logan.qld.gov.au/livewell



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inspiring a healthy community

