

HEALTHY EATING WORKSHOPS!



MAY - JULY 2012
WWW.HORNBEAM.ORG.UK

458 HOE ST, WALTHAMSTOW
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GET    KING!

HEALTHY EATING WORKSHOPS: MAY - JULY 2012

FAB FRIDAYS: FRIDAY 18MAY-15JUN 10AM-12PM: FABFRIDAYS.WORDPRESS.COM
AGES UNDER 5 FREE!

SWEET STUFF 1: SUNDAY 10TH JUN 2PM -4.30PM:
LEARN HOW TO MAKE YUMMY AND HEALTHY COOKIES, CAKES & SMOOTHIES!
AGES 11-16 £5/£2.50

SWEET STUFF 2: SUNDAY 24TH JUN 2PM-3.30PM:
HAVE FUN LEARNING TO MAKE AND DECORATE SMOOTHIES & CAKES! AGES 5-10 £3/£1.50

USE YOUR LOAF: SUNDAY 15 & 22 JULY 1.30-5PM:
STICKING YOUR HANDS IN DOUGH FEELS GOOD AND IS FUN...COME AND LEARN TO MAKE
YOUR OWN BREAD! AGES 11 TO 16, £7/£3.50

NO ONE REFUSED FOR LACK OF CASH! A PARENT/GUARDIAN IS REQUIRED TO BE PRESENT FOR ANY CHILD
AGED 10 & UNDER. SPACES ARE LIMITED. PLEASE CONTACT US TO BOOK AND FOR MORE DETAILS:

BOOKING VIA WWW.NEGOTTICKETS.COM/THEHORNBEAMCAFE, OR PHONE/CALL IN AT HORNBEAM CAFE!



THE HORNBEAM CENTRE 458 HOE ST, WALTHAMSTOW, E17 9AH

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