

## *Cooking Classes*

Attend a Tree of Life **Cooking Class** and learn how to prepare simple meals that are not only nutritious but delicious. You will experience the taste of delicious soups, salads and low carbohydrate dishes first hand. Recipes for all meals will be provided.

Dates of classes to be announced.

## *Supermarket Tours*

Attend a Tree of Life **Supermarket Tour** with one of our accredited practising dietitians. You will learn skills to read food labels and ingredient lists and understand food label claims. This tour is an intensive tour of a supermarket aimed to provide you the confidence to stock your pantry with a wide variety of healthy foods and improve your knowledge of foods available.

Tours last for about 90 minutes and are held once a month at Coles Coorparoo at 5.30pm on a Tuesday evening.

Call reception on 3891 6199 for bookings and dates.

*look great, feel great!*

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