

Social Monday

Mon. Jan. 8th, 7:30pm

Food For Thought



This month we welcome back Louise Jones, owner of
Food for Thought Cookery School

Louise last visited us in Nov 2021 and since then has successfully produced and published her cookbook: **Gut Health Nourish to Flourish**

Louise is going to allow us to sample some of the treats from this book and navigate us through the minefield of gluten and sugar free diets.

Come along and kick start 2024 the healthy way

Tickets paid for on the door £3.50