

**'SKY'S THE LIMIT'
AND THE PUBLIC HEALTH TEAM PRESENTS**

MEN IN APRONS

Cookery Course



**Launches in Efford
on Thursday,
13th November**

A FREE 5 week 'hands on' cookery course designed just for men who can't cook but want to cook. Learn the basics of cooking and how to prepare easy, cheap meals on a budget and take home a free meal for the family..

**Every Thursday at
the Efford Youth and
Community Centre,
Blandford Road
7pm - 8.30pm**

**For bookings and
more information
ring Diane Gavin
on 01752 306537**

Plymouth NHS
Teaching Primary Care Trust
Plymouth's Public Health Development Unit

*Heart of
Efford
Community Partnership*

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