

Bromley

Well

**Supporting people with
Learning Difficulties**

EATING WELL ON A BUDGET WORKSHOP

**Learn how to enjoy healthy, tasty meals without
breaking the bank!**



Monday 6 January



10am-12pm



**Bromley Scout Hut,
15 Prospect Place,
Bromley, BR2 9HL**



This fun and interactive workshop will provide tips on planning affordable, nutritious meals, as well as smart shopping strategies to save money at the supermarket. Booking required.

Please contact us by telephone or email to book your place.

PHONE

020 8466 0790

EMAIL

Chetan.raval@bromleywell.org.uk

Bromley Well

Service delivered by:



Funded by:



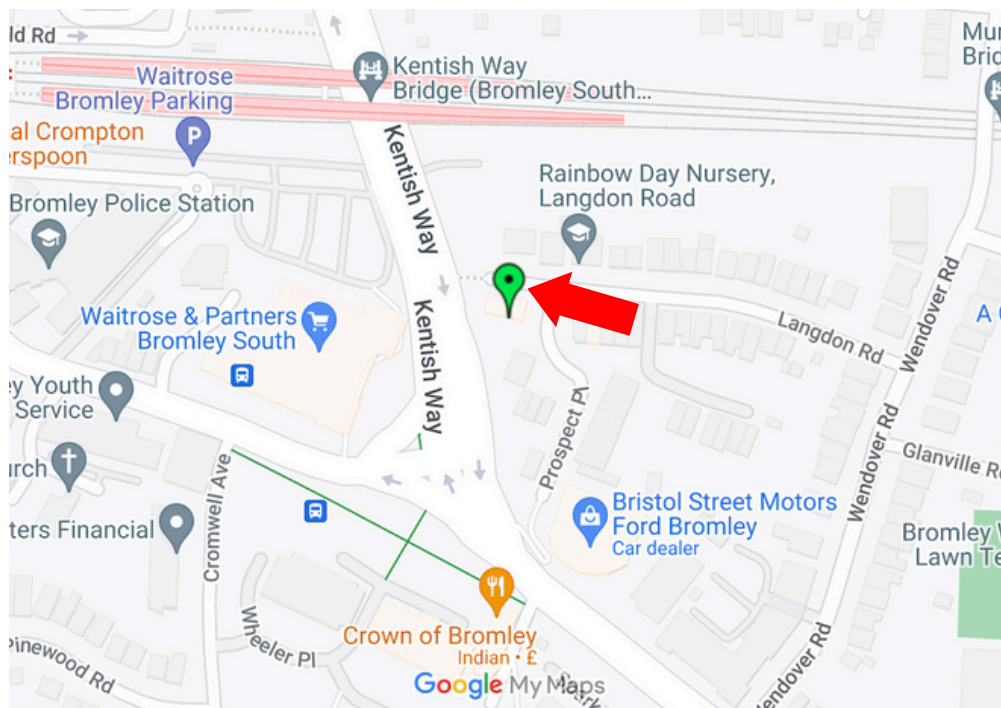
NHS
South East London

MAP AND DIRECTIONS

Bromley Scout Hut/Shop, 15 Prospect Place, Bromley, BR2 9HL



The Bromley Scout Hut is a short walk (about 7 minutes) from the Bromley Mencap office.



Our goal is to empower individuals with learning difficulties to reach their full potential and lead independent and fulfilling lives. Through our workshops, we are committed to helping people do just that.