

WHAT IS THE ILS PROJECT?

ILS STANDS FOR INDEPENDENT LIVING SKILLS. THIS PROJECT WAS SET UP TO WORK WITH PEOPLE IN COUNTY GALWAY.

ITS ABOUT GETTING TRAINING WHERE YOU LIVE, IN YOUR LOCAL COMMUNITY.

THERE ARE SIX GROUPS IN THIS PROJECT:



Proactive Carers Galway



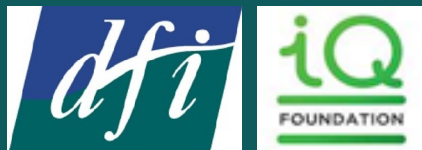
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Bord Oideachais agus Oiliúna
na Gaillimhe agus Ros Comáin
Galway and Roscommon
Education and Training Board

**GALWAY AND ROSCOMMON
EDUCATION TRAINING BOARD,
GRETb IS FUNDED BY:**



THIS COURSE IS FUNDED BY:



The Disability Federation of Ireland is a company limited by guarantee not having share capital, registered in Dublin. Registered No. 140948, CHY No 6177.

This flyer was made on 15 September 2020.



BASIC COOKERY FOR HEALTHY EATING

**23 SEPTEMBER -
11 NOVEMBER 2020.**

11 AM - 1 PM.

**AN CANALACH
POOLBOY
BALLINASLOE
CO. GALWAY
H53 TW93**

**GRETb Course Tutor
Marie Howley**

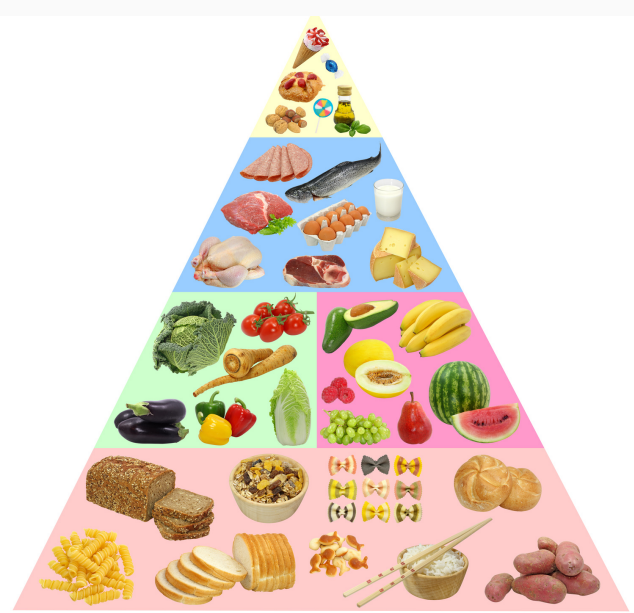


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COURSE DETAILS-

We are excited to be able to meet up, in An Canalach, Ballinasloe.



WHERE, WHEN, WHAT TIME?

AN CANALACH
POOLBOY
BALLINASLOE
CO.GALWAY
H53 TW93

EACH WEDNESDAY FOR 8 WEEKS:

- 23 September
- 30 September
- 07 October
- 14 October
- 21 October
- 28 October
- 04 November
- 11 November

TIME:

11am - 1pm

ANY QUESTIONS?

Cathy McGrath—DFI
086 384 7440 cathymcgrath@disability-federation.ie



We have made the classes small- you will meet only 4 people in the class to keep space between us.



You will meet 4 other people



You will be shown how to do some cooking .



You will be able to cut food and cook it yourself.

WHAT WILL I LEARN?



You will learn what are good foods to eat.

You will learn about food.

We hope you will have fun meeting new people and being in a new place.