

WHAT IS THE ILS PROJECT?

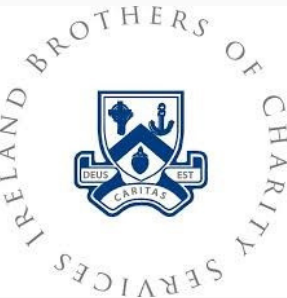
ILS STANDS FOR INDEPENDENT LIVING SKILLS. THIS PROJECT WAS SET UP TO WORK WITH PEOPLE IN COUNTY GALWAY.

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

THERE ARE SIX GROUPS IN THIS PROJECT:



Proactive Carers Galway



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 18 September 2020.



BASIC COOKERY FOR HEALTHY EATING

23 SEPTEMBER - 11 NOVEMBER 2020.

1 PM - 3PM

ZOOM TRAINING!

GRETb Course Tutor
Marie Howley



COURSE DETAILS-



Because of COVID-19
We have decided to
made the classes small-
you will meet only 4 or 5
people in the class to
keep space between us.

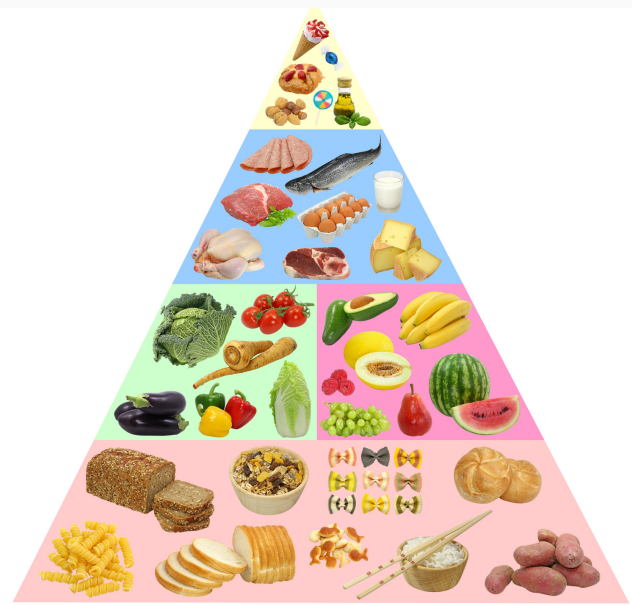


We are going to try the class in a
new way - you will only see the
tutor by the computer - through
video called ZOOM.
This is new to us all, we will learn
together.

WHAT WILL I LEARN?



You will learn
what are good
foods to eat.



You will be shown how to do some
cooking .



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

You will learn about food.

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



WHERE, WHEN, WHAT TIME?

ZOOM!

**EACH WEDNESDAY FOR 8
WEEKS:**

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

TIME:

1pm - 3 pm

ANY QUESTIONS?

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