

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:



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.

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BASIC COOKERY FOR HEALTHY EATING

24 SEPTEMBER - 12 NOVEMBER 2020, 2.30PM - 4.30PM.

STARLING CENTRE, BAUNOGE, LOUGHREA.

GRETb Course Tutor
Marie Howley



COURSE DETAILS-

We are excited to be able to meet up, in the Starling Centre, Loughrea.



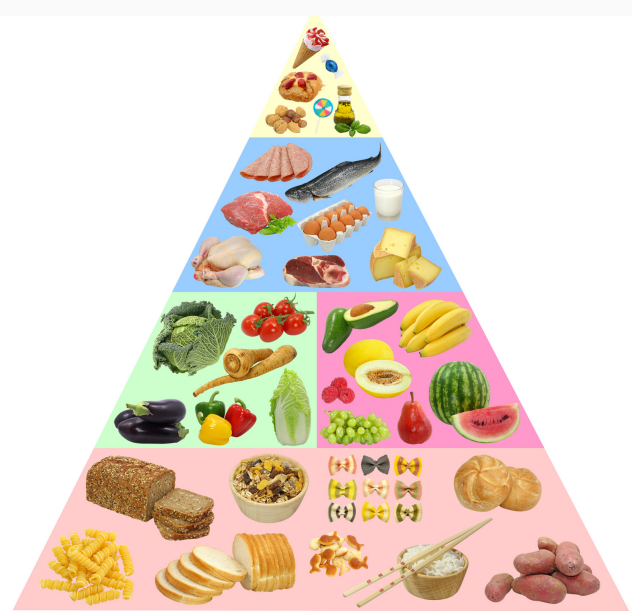
WHAT WILL I LEARN?



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 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?

STARLING CENTRE, BAUNOGE, LOUGHREA

EACH THURSDAY FOR 8 WEEKS:

- 24 September
- 01 October
- 08 October
- 15 October
- 22 October
- 29 October
- 05 November
- 12 November

TIME:

2.30pm - 4.30pm

ANY QUESTIONS?

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