



Ready to unlock the secrets of healthy eating on a budget?

Date:

Thursday 24 Sep '26

Time:

12:30 - 1:30pm

Join us for a **FREE** one-hour workshop to get practical tips from our nutritionists. During your time with us you can:

- Discover low-cost healthy swaps
- Understand the importance of meal planning
- Get tips to stick to your shopping list and budget
- Learn about different cooking methods
- Ask questions and get free resources!

Secure your

FREE spot today

Click me
to sign up



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