



Cook Chill Chat Cooking Workshops



Do you want to **meet new people** while learning **healthy cooking** tips and kitchen tricks?

Join Us!

Kookaburra Retreat Cook Chill Chat

Building 833, 489A Albatross Rd, Nowra Hill (next to FAA museum)

Date: Thursdays starting 20th February for 8 weeks, ending 10th of April

Time: 10.30 am - 1.30 pm (lunch included)

Cost: FREE

Bookings: To book your spot, contact Maxine from SDFFA on 02 4421 5766 / shoalhavendfa@gmail.com or Linda on 4283 8111

Free child minding available - bookings essential

Cook Chill Chat is a weekly community cooking program to increase social connections, happiness and healthfulness.

Supported by Shoalhaven Defence Families Association