



Join us at our Southern Office, Pur Pur Avenue, Lake Illawarra for a four week program to cook delicious fakeaway meals.

\$50

FOR THE 4 WEEK PROGRAM AND RECEIVE BONUS RECIPE CARDS

ADULTS (19+)

Friday 13 October 5pm-7.30pm	Week 1: Pizza
Friday 27 October 5pm-7.30pm	Week 2: Tacos
Friday 10 November 5pm-7.30pm	Week 3: Burgers
Friday 24 November 5pm-7.30pm	Week 4: Ramen

TEENS (14-18 YEARS)

Friday 20 October 4pm-6pm	Week 1: Pizza
Friday 3 November 4pm-6pm	Week 2: Tacos
Friday 17 November 4pm-6pm	Week 3: Burgers
Friday 1 December 4pm-6pm	Week 4: Ramen

To book your place please email southernoffice@interchangeillawarra.org or call the office on 4227 1079.

If you require transport for this program, please discuss with your Interchange Planner. Your NDIS plan can fund the supports to attend this capacity building group. Funds can come from either the CORE or Capacity Building Increased Social and Community Participation section of your plan.