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UK Government



Cambrian  
Training  
Hyfforddiant  
Cambrian<sup>®</sup>

# **FREE WORKSHOP:** **MEAL PREP ON A BUDGET!**

**FREE** community workshop to help you with meal preparation on a budget!

**Our FREE workshop includes:**

- Importance of budgeting & impact on wellbeing
  - Takeaway vs home cooked meals
- Meal planning & smart shopping techniques
  - Calculating discounts

**Delivered by:** Cambrian Training Company

**Location:** Welshpool

**Dates available:**

- Thursdays - fortnightly - 12.30pm-2.30pm  
25/04/24 • 09/05/24 • 24/05/24 • 13/06/24 • 27/06/24
- Tuesdays - fortnightly - 9.30am-11.30am  
30/04/24 • 14/05/24 • 04/06/24 • 18/06/24



**REGISTER YOUR INTEREST**

Scan the QR code or email  
[info@cambriantraining.com](mailto:info@cambriantraining.com)

Please include your name  
& your preferred date.



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