



Funded by
UK Government



Cambrian
Training
Hyfforddiant
Cambrian [®]

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 (Venue to be confirmed)

Dates available:

- Thursdays - fortnightly - 12.30pm-2.30pm
(first session 11.4.24)
- Tuesdays - fortnightly - 9.30am-11.30am
(first session 16.4.24)



REGISTER YOUR INTEREST

Scan the QR code or email
info@cambriantraining.com

Please include your name
& your preferred date.



This project is funded by the UK Government through the UK Shared Prosperity Fund, supported by Powys County Council.

