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Cambrian  
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# 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:**

- Tuesdays 9.30am-11.30am
- 06/08/24 • 13/08/24 • 20/08/24 • 27/08/24  
03/09/24 • 10/09/24 • 17/09/24 • 24/09/24



**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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