



Healthy Cooking on a Budget

Join us for a free cooking demonstration, where 'Season Well' will be showcasing a delicious recipe to nourish your body and mind. The recipe will be crafted using seasonal produce and items regularly available at local food shares. Mind in Harrogate District will also be on hand to provide mental health and wellbeing support.

Masham Town Hall: Tuesday 5th March, 1pm - 2.45pm

Boroughbridge Methodist Church: Thursday 14th March, 1pm - 2.45pm

Pateley Bridge Memorial Hall: Friday 15th March, 1pm - 2.45pm

Ripon Community House: Tuesday 19th March, 1pm - 2.45pm

Register for free by contacting:

kirsty@mindinharrogate.org.uk / 07305 049296. Registration closes seven days before each event.

 **mind** in Harrogate District

Registered charity no. 1151271