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Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board



Cardiff & Vale

Nutrition and Dietetics

Maetheg a Dieteteg

Caerdydd a'r Fro

Nutrition Skills for Life®



Sgiliau Maeth am Oes



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Get  
Cooking  
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Cardiff

## GET COOKING IS A FREE 8 WEEK COOKING COURSE

The sessions are run once a week for two hours each.

- Quick, easy, and tasty meal ideas
- Free portion of what you make to take home
- Experienced and new cooks welcome
- Develop numeracy skills through cooking
- Meet new people
- The chance to gain Agored Cymru credits
- Running in various community venues across Cardiff

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