



ciarans cafe

fresh food for a healthier mind



Food for life

Cookery Class

Do you want to?

- **Learn** practical cooking skills.
- **Smell and taste** Ciaran's Kitchen Experience!
- **Take control** of your own health
- **Turn back** the clock
- **Prevent** and reverse disease
- **Transform** your diet, your health and your life
- **Master** your weight.



Course details

Runs for 6 evenings over 6 weeks

Book Now by:

Phone: 061 338787

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