



# Healthy Eating on a Budget Course

Paddock Street Community Centre,  
Llanelli, SA15 2RU

starts Thursday 7th February, 2019

5.00pm - 7.00pm for 4 weeks

Learn how to prepare healthy, tasty  
snacks for a fraction of the cost!!

Course costs/tuition: FREE

For more information / to book a place contact  
the Fusion Project on 01554 742662 / 01554 742614





# Bwyta'n Iach ar Gyllideb

Canolfan Cymunedol Stryd Paddock,  
Llanelli, SA15 2RU  
dechrau Dydd Iau 7 Chwefror, 2019  
5yp– 7yp am 4 wythnos

Dysgwch sut i baratoi byrbrydau iachus a  
blasus, am ffracsiwn o'r gost!!

Costau cwrs/hyfforddiant: Am ddim

Am fwy o wybodaeth/i archebu lle cysylltwch a'r  
prosiect Cyfuno ar 01554 742662/01554 742614

