Ketogenic Diet Cookery Event

Are you the parent or carer of a child on the ketogenic diet?* If so, come and join Chef Neil and the Vitaflo team for some fun and education in the kitchen!

Create and taste a selection of easy to prepare ketogenic diet dishes and swap cooking tips with others.

Date: Saturday 12th November 2016

Time: 10am - 1pm

Venue:
Central Street Cookery School,
St. Luke's Community Centre,
90 Central Street, London EC1V 8AJ

RSVP:

If you would like to join us, please let us know by contacting Liz Mobayed on:
Tel: 07833 045 698 or email liz.mobayed@vitaflo.co.uk

Places are limited and will be allocated on a first come, first served basis.

*please note this is an adults only event.

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