

# Live Life Well

## - Ketogenic Cookery Demonstration

Join Vitaflo and Chef Neil for your chance to create a selection of keto-friendly recipes.

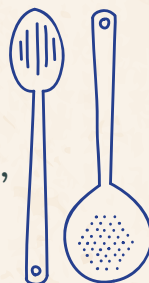
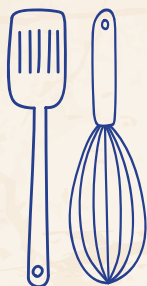
After the cookery session you can eat in the dining area and swap cooking tips with other families.

There will also be a chance to find out more about Vitaflo and their ketogenic products used in the cookery demo.

**Date:** Monday 28<sup>th</sup> November 2016

**Time:** 6pm - 9pm

**Venue:** Bordeaux Quay Cookery School,  
V-Shed, Canon's Way,  
Bristol, BS1 5UH



### RSVP:

If you would like to join us, please let us know by contacting Tamsin Mann on:

Tel: **07595 070307**

or email: **[tamsinmann@vitaflo.co.uk](mailto:tamsinmann@vitaflo.co.uk)**

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



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