

FROM LAST SERIES

"I've learnt more today than all of my years as a diabetic"

"I liked the variety of guest speakers"

"I liked the simplicity of the recipes and seeing how easy it is to produce a healthy meal"

"Everyone was very friendly and it was nice to meet some new people"

"Sarah is inspiring and shares her expertise with gentle persuasion and fun"

For further information:

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St Andrew's Church



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