



Nottinghamshire Community Health

Nutrition and Dietetics

Cook4life is a free four week cooking course. The course aims to increase knowledge, confidence and skills around planning, buying and cooking balanced meals. Each week will consist of a two hour fun, practical session.

Please complete and return this form if interested.

Participants details:

Name _____

Address _____

_____ Postcode _____

Phone number _____

Email _____

D.O.B _____ Gender (please circle) Male Female

Please circle which area you would like to attend a course in

Ashfield Broxtowe Gedling Mansfield Newark/Sherwood Rushcliffe

Please circle which days you could attend

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Please circle preferred times

Morning Afternoon Evening

Referrers details: (if applicable)

Name _____

Job title _____

Address _____

_____ Postcode _____

Phone number _____

Email _____

Return address:

Cook4Life, Nutrition and Dietetics, Mansfield Community Hospital, Stockwell Gate, Mansfield, Nottinghamshire, NG18 5QJ

Please use back of sheet to give any additional details that may be relevant.

