



EATING FOR GOOD HEALTH

An event dealing with some specific health problems especially for those taking Warfarin, patients with diabetes, prostate problems, a discussion on making comparisons with organic and non-organic foods and more.

FREE ENTRANCE

Refreshments available

Wed. 22nd April
7.00pm - 9.30pm at
Sandhurst School - GU47 0SD

Owlsmoor Road Sandhurst Berkshire - www.sandhurstschool.org.uk

Presentation by
Ian Morgan

(Executive Group Chef for Cucina with 25 years experience)

'National Chef of the Year gold medal winner at Salon Culinaire and Michelin "Bib Gourmand" with 25 years experience working with Marco Pierre White and head Chef for Gary Rhodes just as a starter.'

with

**Steve Bridle who is the Chief Chef at Sandhurst
School**

**Several exhibitors and dieticians will be present for further
information and your Q&As**



Cucina prepare food for many schools throughout Berkshire as well as being a "member of the Real Bread Campaign and is Vegetarian Society Accredited"

Contact 01344 771511 for more information or email sopfg4@gmail.com