

# Anderston

## COMMUNITY HEALTH ACTIVITIES

### Free

**Elderslie Court -Supported Housing  
25 Elderslie St G3 8XS**



## Cooking Demonstrations

- October 4th : *Spaghetti Bolognese*
- October 11th: *Healthy Turkey Burgers and Coleslaw*
- October 18th: *Smoked Bacon & Lentil Soup & Crusty Bread*
- October 25th: *Great Sausage Casserole*

Learn to make delicious meals from scratch  
Healthy eating discussion and tips  
Health Benefits and nutritional information available

## Thursdays

( for four weeks)

## 1-3pm

If you would like more information contact  
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