

How To: Eat Well, Live Well



Detail

 Lina Benedetti

 Thursday, 15 October 2026, 02:00 PM - 03:00 PM

 242 Jells Road, Wheelers Hill - VIC

Event Overview

Ready to bring more flavour, freshness and confidence to your everyday cooking? Join us at Weary Dunlop Village for our How To: Eat Well, Live Well event. Enjoy a live cooking demonstration from expert nutritionists Daley Nutrition and discover how easy it can be to create nutritious meals from scratch, even in a smaller kitchen. Learn clever cooking tips, simple meal ideas, and practical nutrition advice that can help you eat well every day. Whether you're looking for fresh meal inspiration, easy recipes, or ways to boost your confidence in the kitchen, you'll leave with plenty of ideas to try at home. We look forward to seeing you there!

Find out more information from
<https://www.downsizing.com.au/events/detail/2730/how-to-eat-well-live-well>

Event ID2730





Weary Dunlop Retirement Village - Ryman Healthcare