

SURVIVAL COOKING

meals on a budget



Living with HIV or know someone who is?
Want to learn to cook new and exciting meals?
Come to our free cooking demonstrations
followed by lunch and an information session

Next cooking demonstration:

Thursday October 27

10 am - 2 pm

57 Hyde Street

Register your interest by Tuesday October 25

Call SAMESH on 7099 5300



SA * MOBILISATION + EMPOWERMENT FOR SEXUAL HEALTH

A partnership of SHine SA and VAC