



GIG
Cymru
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Free cooking & healthy pregnancy course

Learn to cook easy, low cost, tasty
and healthy meals!



To find out more or to book a place please
call the Healthy Pregnancy Team on

0300 303 4906 (option 3)

or scan the QR code



Courses at
various venues
across Aneurin
Bevan Health
Board area.

Please note: this
course is for pregnant
people or those that
have recently had a
baby, and live in the
Aneurin Bevan Health
board area.

FREE recipe
book at the
end of the
course