

● ● ● ● Sussex  
● ● ● ● Community  
● ● ● ● Development  
S C D A Association  
Health & Well-being



# 'DISH DASH' EVENING COOKERY

DISHES THAT ARE PREPARED AND COOKED IN A DASH!

**Tuesdays**

**26th Feb, 5th March, 12th March 2019**

**6pm—7.30pm**

**Denton Island Community Centre,  
Denton Island, Newhaven.**

**Please Call or Email to enquire or book on:**

**01273 519149**

**[healthylifestyles@sussexcommunity.org.uk](mailto:healthylifestyles@sussexcommunity.org.uk)**

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