



Independent Living Centre NSW

ENDLESS POSSIBILITIES...

CHOOSING FOR YOURSELF!

Kitchen Equipment and Mealtimes

What do you need to consider?

What is available?

Where do I get information?

When do I need assistance?

Who can help?

Come along to find out new ideas and try out equipment to help with cooking, food preparation and mealtimes

This workshop will focus on kitchen equipment to assist with food preparation and eating and drinking.

Do you want to learn ways to be more independent in the kitchen?

Do you want to know why allied health professionals make recommendations about food and drinks for people who have difficulties with swallowing?

When: Wednesday 4th June 2014

Where: Belmont 16s Club

Macquarie Room

The Parade, Belmont NSW 2280

Time: 1pm – 3.30pm or 5pm – 7.30pm

Cost: FREE

The workshops are for people with disabilities, carers and family members. Please RSVP Odelle at the ILCNSW on 9912 5806 or visit the events page on our website at http://www.ilcnsw.asn.au/home/what_we_do/at_workshops.html

