



FERMENTED FOOD WORKSHOP DAIRY KEFIR

17th April 2023 – Lyme Regis Football Club



EVENT OVERVIEW

Fermented Food Workshop – Held at Lyme Regis Football Club.

QUOTE

These courses are so beneficial and informative for our health following cancer treatment.

I learnt so much more from this short course than I expected to. Not just about the benefits and uses of Kefir but also how our bodies function and what we can do to support its function.

TESTIMONIALS

The food events you run for ALCS clients are so useful. I have attended the sourdough, Kraut and now the kefir session. I am already incorporating these homemade food groups into my diet and feel so much better. Thank you.

THANKS TO

Mary Kahn & Jane Thomas



PHOTOS BY MARY KAHN

How likely are you to recommend this event to another client.

