



# FERMENTED FOOD - KEFIR

6<sup>th</sup> November – Lyme Regis Football Club



## Event overview

### Kefir Fermented Food Workshop

11.30 – 1.30pm - 9 Clients in attendance

## QUOTE

ENABLES PEOPLE TO FEEL CONFIDENT MOVING FORWARD THAT THEY ARE DOING ALL THEY CAN TO STAY STRONG AND HEALTHY.

VERY FRIENDLY INFORMATIVE SESSION, WITH AN EXCELLENT DEMONSTRATION.

## TESTIMONIALS

YOUR WORKSHOP GAVE ME THE KNOW-HOW AND CONFIDENCE TO TRY MAKING FERMENTED FOODS AT HOME. THANK YOU!

FEEL VERY LUCKY TO HAVE SUCH WONDERFUL SUPPORT. I HAVE MET SOME FABULOUS PEOPLE THROUGH THIS SUPPORT GROUP.



## THANKS TO

Mary Kahn & Jane Thomas

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