



# FERMENTED FOOD - KEFIR WORKSHOP

Wednesday 22<sup>nd</sup> January 2025

## EVENT OVERVIEW

Fermented Food Workshop – Kefir

8 Attendees

## QUOTE

My wife and I attended this workshop for the first time and found the experience very interesting and informative. Making changes to one's diet and lifestyle can be difficult

## TESTIMONIALS

The instructor was Brill at showing how easy it can be to make changes to my diet, regardless of how little at a time. Totally doable and I have integrated some of it in my breakfast routine already. Looking forward to her next presentation. Thank you

## THANKS TO

Jane Thomas

Axminster & Lyme Cancer Support Clients

### Fermented Food & Nutrition Workshops



Wednesday 22nd January - Kefir  
10.00am-12.00pm

Pre-booking is required. Please register online or email  
support@axminsterandlymecancersupport.co.uk

Cross Keys House, Axminster  
Booking Required



PHOTO BY JANE THOMAS

How likely are you to recommend this event to a friend or client?

5/5

