

# 4 Week COURSE: Nourish & Thrive: Gut Health



Take part in a 4 week cookery course at Made in Hackney!

## About This Event

Discover the connection between nutrition and gut health in this immersive 4-week course. Explore the fundamentals of creating nourishing, gut-friendly dishes while learning practical techniques to elevate your cooking. This course is perfect for anyone looking to improve their digestive health and overall well-being through conscious, wholesome eating.

To book on: please click [here](#) and complete the online form., or if you don't have internet access call 020 8442 4266 and we can complete the form over the phone with you.

*To ensure a smooth experience for everyone, please only attend the class if you've received a booking confirmation from us and have confirmed your spot. As space is limited, we want to avoid turning anyone away. Keep in mind that our classes often have waiting lists, but spots do sometimes open up. If you're on a waiting list, we'll prioritize you for future classes and courses. Thanks for your understanding!*

### Event Time

Every Thursday  
from Thu, 3rd Apr 2025  
until Thu, 24th Apr 2025

**Thu,  
10th Apr  
2025**

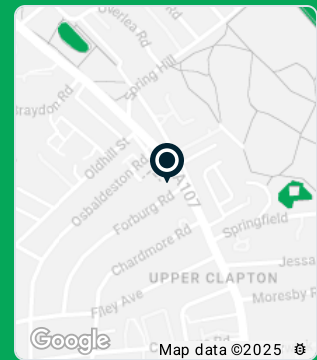
5:00pm - 7:00pm

### Event Price

**Free**

### Event Location

**Made in Hackney  
(Liberty Hall)  
128 Clapton  
Common, Spring Hill,  
Clapton, London  
E5 9AA**



## Accessibility Information

**Please note, Made in Hackney's kitchen handles allergens.** Made in Hackney cannot guarantee food made in their kitchen is allergen free. Participants attend at their own risk. Made in Hackney's kitchen is wheelchair accessible.

