



## „Cook and Meet“ - Nutrition Workshop

Join us for our free nutrition workshop! You will learn from our nutritionist how to prepare fast & cheap meals in everyday life and how to stay healthy, motivated and active with a varied diet! Afterwards we will try out some recipes and will cook & eat together.

When: 15 March 2019, from 3 p.m. until 6 p.m.

Where: Katholische Hochschulgemeinde Düsseldorf (KHG),  
Merowingerstraße 170, 40225 Düsseldorf

Please register by 08 March 2019. Vegetarians, vegans or „all-eaters“ - everyone is welcome!

In cooperation with TK Hochschulservice: Goran Ivic Goran.Ivic@tk.de.

### Contact

Studierendenwerk Düsseldorf  
Kamila Chlebnikow / Karin Kwak  
Tel. 0211 81-15083  
kultur@stw-d.de  
www.stw-d.de/kultur

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