

the Kirkby Lonsdale **WI**

Established 2020 INSPIRING WOMEN



The power of food

Wednesday 4th October, 7.30pm
The Lunesdale Hall

Jane Clarke, Founder of Nourish

Jane is both a dietitian and Cordon Bleu chef with more than 30 years' experience in the nutrition industry. Author of nine best-selling books, she regularly contributes on TV. She has worked with Jamie Oliver on the School Meals campaign; set up her own dietetic clinic and founded 'Nourish by Jane Clarke' which sets out to change people's lives through the power of nourishment, empowering the vulnerable and those that care for them.



Non-members, * gentlemen included, and members from other WI branches are welcome to attend at the cost of £5.00

For further information: **Tel:** 07765480943 **email:** kirkbylonsdalewi@gmail.com

 Kirkby Lonsdale WI  @kl__wi  kirkbylonsdale_wi **Web:** www.klwi.com

* Non-members are limited to attend a maximum of three evenings within a calendar year.