



Community Kitchen

Taking Care of ourselves is one of the most important things we can do to live a long, healthy life. And why not make cooking part of a fun and healthy lifestyle!

Part of the Workplace Wellness Program

(3 points for attending participants)

Open to All Community Members

When? Wednesday, May 23rd, 2018.

What? Group cooking session with Danielle Simko, Registered Dietician. A nutritious meal to be prepared by all participants. Nutrition tips and information will be provided, as well as all food and cooking supplies.

Where? Health Centre Kitchen

Time? 4:15pm - 6:30pm

How to Please contact Amanda Cook @ 705-844-2152

Register? ** Limited spots available, therefore pre-registration is required!



Brought to you by the Community Wellness Department

