

The Heart and Stroke Foundation
Ontario and City Centre Health
Care invite you to join us at
“Healthy Cooking on a Budget”
. Enhance your cooking skills
. Learn about nutrition and healthy
food choices

1) March 23-May 11 (Tuesday’s)

2) May 19-July 7 (Wednesday’s)

10am-12pm

No Cost

***Caribbean/African menu**

Lunch will be provided

Please contact Laura (519) 255-9940 ext. 353 to register

www.citycentrehealthcare.ca

