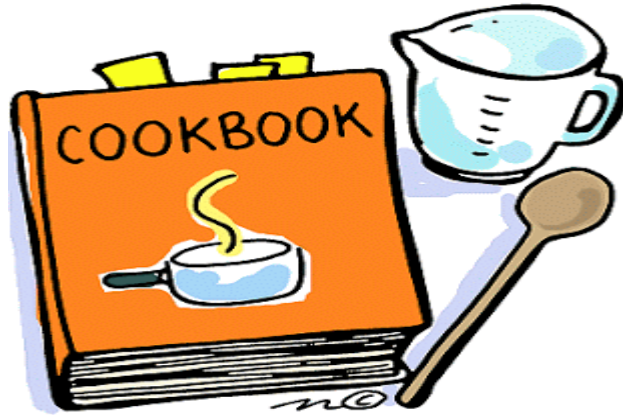




Canadian Diabetes Association

FOOD SKILLS FOR FAMILIES



Cooking for ACTIVE SENIORS

JOIN US! FREE 6 WEEK HEALTHY COOKING PROGRAM

Cook simple nutritious meals, learn to read nutrition labels, tour your local grocery store.

CONNECTING people in the kitchen.

TEACHING fun hands-on cooking skills.

MAKING HEALTHY EATING easy, enjoyable and affordable.

Cook and Enjoy a FREE Nutritious Meal every week

When: Fridays Feb. 8 to March 15, 9am-1pm

Where: 511 Church Ave, Oliver

**Register Early! Spaces are limited
Call or Text Nancy at 1-250-485-7499**