

Community Cooking Demonstrations

Pump Up the Volume, Not the Calories!



Join us for a **FREE** cooking demonstration. Learn how to create lower calorie fibre-rich meals to satisfy any appetite.

Participants receive free samples of the prepared recipes and nutrition advice from a Registered Dietitian.

When: Thursday, October 26, 2017

Time: 6:30-8:00 pm

Where: West End Fortinos
1579 Main Street West
Hamilton, ON L8S 1E6

RSVP: Contact **(905) 667-4863** or Nutrition.Groups@HamiltonFHT.ca to register or for more information.



Hamilton Family Health Team
Better care, together.

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