

Community Cooking Demonstrations

Vegetarian Cooking



Join us for a **FREE** cooking demonstration. Learn how to create delicious low fat, high fibre, nutrient rich meals.

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

When: Wednesday, June 14th, 2017

Time: 6:30-8:00 pm

Where: Fortinos Community Room
65 Mall Road
Hamilton, ON L8V 5B5

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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