

Community Cooking Demonstrations

Cooking for One or Two

Join us for a **FREE** cooking demonstration and learn some handy tips when cooking meals in a smaller household.

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

When: Tuesday, July 11th, 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.

NUTRITION

MENTAL HEALTH

PHARMACY

NURSING