

# Community Cooking Demonstrations

## Cooking for your Heart

Join us for a **FREE** cooking demonstration and learn how to make heart healthy choices for you and your family.

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

**When:** Tuesday, September 12, 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](mailto:Nutrition.Groups@HamiltonFHT.ca) to register or for more information.



Hamilton Family Health Team  
*Better care, together.*

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