



A healthier you starts here.



COOKING AND CONVERSATION

This program is divided into a **cooking class** and a **nutrition class** in collaboration with **Colour It Up**. This program will give you an opportunity to:

- Make new friends and practice English
- Prepare healthy meals following the Canada's Food Guide
- Learn about healthy eating practices
- Learn how to choose vegetables and fruits that are affordable
- Make eating vegetables and fruit part of your daily diet

THURSDAYS

EarlyON St. Francis

Our Place Family Centre & Early Years Centre, 154 Gatewood Road, Kitchener
(Entrance is off of Blueridge Avenue)

January 10 – May 9, 2019

1:00 pm – 2:30 pm

Transit: 12 Westmount/Queen's

YMCA IMMIGRANT SERVICES

800 King St. W., 3rd Floor, Kitchener

519-579-9622

250 Hespeler Road, Cambridge

519-621-1621

SCHOOL SETTLEMENT OFFICE

77 Young Street, Kitchener

519-742-8220

**For more information or
to register:**

Rahma

rahma.elmi@ckw.ymca.ca

519-579-9622 x227

EarlyON
Child and Family Centre



YMCAImmigrant



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