



Various times and locations available.

COOKING WITH THE BASIC SHELF

Free Cooking Classes

Join us for 6 hands-on cooking classes.
Learn to cook healthy tasty foods on a budget!

To find out more,
call the Healthy Life Line at 613-966-5500 ext. 610.
TTY: Dial 711 or 1-800-267-6511.

COOKING WITH THE BASIC SHELF

FREE COOKING CLASSES

Classes offer

- Hands-on cooking with Registered Dietitians.
- A friendly inviting environment.
- A place to share a meal together.
- A way to find new confidence in the kitchen.
- Nutrition education.

Various times and locations available.

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613-966-5500 ext. 610. TTY: Dial 711.**

To request this document in an alternate format, call 613-966-5500;
TTY: 711 or visit www.hpepublichealth.ca.