

## Cooking Classes

This class is designed to help increase your confidence and motivation to cook healthy, balanced meals at home.

Join our Registered Dietitian as she prepares a healthy meal, provides practical cooking tips and answers your questions along the way!

Each class will feature new recipes designed to be practical, budget-friendly and focus on introducing new ingredients.

The class will conclude by sitting down to enjoy the meal as a group!

*Topic: Delicious and Healthy Holiday Meals*

Friday November 15<sup>th</sup>, 2019:

1:00 pm – 3:00 pm – **Wellington County Library, 9 Station Street, Hillsburgh**

These sessions are open to residents of East Wellington and are

FREE OF CHARGE

Please pre-register as space is limited.

**To register: Call 519 833-7576 ext. 362**

Or visit our website at [www.ewfht.ca](http://www.ewfht.ca)