



Eat Well, Spend Less

A peer-led program to teach you how to prepare nutritious, affordable meals.

Each session will include:

- Hands-on cooking
- A discussion about the cost of the meal
- Nutrition education
- Eating the prepared meal
- Copies of the recipes

When: 2nd & 4th Monday of every month
(registration is required as space is limited)

Time: 1:00 – 4:00 pm

Where: Kitchener Downtown Community Health Centre,
44 Francis Street South, Kitchener

Cost: Free

To register call: Charla 519-745-4404 ext 242