

Cooking Classes

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

Join our Registered Dietitians as they prepare a healthy meal, provide practical cooking tips and answer 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!

Holiday Health: Tips and Tricks for the Holiday Season

November 13, 2018:

1:00 – 3:00pm – **Rockwood United Church, 119 Harris Street**

November 29, 2018:

1:00 – 3:00pm – **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