



START **2018** OFF

ON THE RIGHT FOOT!

**Permanent residents and New comers are welcome to register!!**

It’s **FREE**, and includes **free** childminding!!

**Every Monday, starts January 29th from 9:30am to 1:00pm**

**♥ improve your basic cooking skills and learn new recipes!**

**♥ join in a 30-minute group walk each week!**

**♥ share healthy meals with new friends and work as a team!**

**♥ make a 12 week commitment to learn how you can become a healthier you!**

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**2131 Renfrew Street at 5th Avenue**

**Register with Eva Aboud**

**604 251 1225 ext. 238**

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