

STROKE PREVENTION

Cooking Class

EASY HEALTHY MEALS

Participate to:

- Learn new cooking skills
- Learn adaptive ways around the kitchen
- Build relationships and socialize
- Share advice
- Try recipes and enjoy a meal together



Date: **Thursday June 6, 2024**

Time: **2-3:30**

Location: **Roots to Harvest**

Address: **450 Fort William Rd**

**Stroke Prevention Clinic
Registered Dietitian**

Jody Read



Limited space. No cost. Registration required.

Email or call to reserve your spot!

 nwostroke@tbh.net

 807-684-6701

Stroke Prevention Clinic - Community Program

Visit www.nwostroke.ca for more information