



Three follow-up cooking sessions sponsored by **The Meeting Place**
& held at the **Tobermory Community Centre - Kitchen.**

'Cooking Healthy and Local ... Together'

If you are interested in any aspect of food and cooking, you'll be interested in attending all three ... or pick your interest.

- 'A Crock of Beans & More'** Thursday, Feb. 24, 1-4 pm
'Smart Stir Fry Dinners' Thursday, Mar. 10, 1-4 pm
'Dine & Dash: One-Dish Meals in a Flash'
Tuesday, Mar. 22, 1-4 pm

Each session will include:

- **cooking demonstration & hands-on cooking techniques**
- **food tasting**
- **tips** on nutrition, cost saving and recipes to take home
- **meeting** up with friends and neighbours

Spaces are limited!!

No cost, but a donation is welcome.

For more **information, child-care assistance, or transportation**
call 519-596-2313 and leave a message.



To register:

please **phone** 519-596-2313
or **e-mail** meetingplace@amtelecom.net
& leave your name and phone #.
A call-back will let you know what to bring.