

Free Classes

Batch Cooking

Help with preparing meals in batches to save time.
Learn new, easy, and nutritious recipes
to take home.



Monday, October 15, 2018



Tuesday, November 13, 2018



Monday, December 17, 2018

All Classes are
4:30-7:30 pm

Adults 16+

White Pines Wellness Centre Kitchen (2nd floor)



Registration is required.

Call **519-445-4779**

