



The Good Food Box

“Learn recipes from the box and take home the left overs”

Dates:

April 25th, May 23rd, June 20th, July 18th, August 22nd, September 19th

Time: 1:00pm-4:00pm

Location: White Pines Wellness Centre, 1745 Chiefswood Road, 2nd Floor-Kitchen



Call to register: Nakol (519)445-2143

Spots are limited, must be at least 16 years of age, this is a free workshop.

