



Ogwa:kwi:yo:

**A free, 12-week program for adults to try
healthy food, be active,
and promote wellbeing.**

White Pines Wellness Centre Kitchen

1745 Chiefswood Road, Ohsweken



**Learn how to prepare nutritious, affordable meals for your family
using traditional and modern ingredients!**

Registration required: Please call 519-445-4779

Tuesdays May 8th-July 24th, 2018 @ 5-8 pm

OR

Fridays May 11th-July 27th, 2018 @ 10-1pm

Transportation available for Friday session