

Wellness Program

Food & Digestion

Healthy Living Program

in partnership with York Region Food Network

Festive Healthy Holiday Cooking Special Workshop

Building on the Food & Digestion Program, we are pleased to offer this 3-hour workshop on making healthy holiday food choices.



Co-Facilitated by:

Marise Foster, *Integrated Cancer Coach & Founder of Foster Healthy Lifestyles*

David Lightwood, *Food Hub Coordinator, York Region Food Network*

Wednesday November 25

10:00am - 1:00pm

at York Region Food Network Kitchen

Registration is required & limited

Offered free of charge.

Donations are always appreciated.

FOR INFORMATION OR TO REGISTER CONTACT:

Nancy *Visiting & Wellness Coordinator*

phone 905-727-6815 x23

email n.umphrey@hospicekingaurora.ca

