

Monthly Cooking Class

Roots to Harvest (450 Fort William Rd)

Thursday, June 15 from 4:30-6 pm



Join us at Roots to Harvest for a free cooking session with Registered Dietitian (Jody Read) from the Stroke Prevention Clinic.

Limited space, registration required.

What we do:

- Improve on cooking skills.
- Learn adaptive ways around the kitchen.
- Build relationships and socialize.
- Share advice.
- Enjoy a family style meal together.

For more information, please contact Leanne Johnson:
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