



Guys in the Kitchen!



Who: For all **men** wanting to improve their cooking and meal planning skills in a fun, social and supportive environment.

What: A cooking and nutrition education group for men.

Where: North Lanark Community Health Centre
207 Robertson Drive, Lanark

When: **The following Wednesdays from 10-1:00pm**

- September 28, 2011
- October 26, 2011
- November 23, 2011
- December 21, 2011

Facilitator: Karina Kwong, Community Dietitian

Cost:



For more information or to register, please call Karina at
613-259-2182 or
1-866-762-0496



North Lanark
Community Health Centre
A part of Lanark Health and Community Services



Ontario's Community
Health Centres
Every One Matters.