



Learn to cook healthy meals in a fun environment to prevent or manage diabetes and heart disease.

Why join:

- Enjoy a healthier lifestyle
- Prepare and eat delicious heart healthy meals for FREE!
- Gain confidence in choosing foods that are good for your health
- Learn how to read and use food labels

Where: Rochester Heights Community House
299 Rochester St, Ottawa

When: 4 weeks of cooking and nutrition sessions
Mondays, February 22; March 8, 15, 29
1:00 – 3:00 pm

Space is limited.

To register and for more information contact:

Bonnie Baxter
613-238-8210 ext 2352 OR
Fauza Mohamed
613-237-6529



SOMERSET WEST
COMMUNITY
HEALTH
CENTRE

Cooking For Your Life! Is brought to you by the Canadian Diabetes Association

