



Free Cooking Demonstration Featuring Canadian foods

Join us to celebrate Canadian food – right from where it is grown and harvested all the way to delicious and healthy food on our tables.

Come to eat, chat about where food comes from, and learn simple ways to eat well.

Where: Somerset West CHC, 55 Eccles Street, Ottawa
Somerset Room, 3rd floor

When: Wednesday March 24th 2010
10:00am - noon

March is Nutrition Month! For more information about Nutrition Month, visit www.dietitians.ca/eatwell.



**To register and for more
information contact:
Krystal 613-238-8210 ext 2248**