



Cooking Your Way To Mental Wellness

Please join Steve & Marcie for an evening of learning how to use cooking as a way to improve your Mental Well-Being.

We will be cooking with foods that are linked to reducing anxiety & depression

Thursday October 12th 2017

5:30PM – 9:00PM

Community Centre

**Space is Limited. Please call
Steve or Marcie at the
Health Centre to register
(705) 657-2557**