



# **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**

*Monday January 16<sup>th</sup> 2017*

*5:00PM – 8:00PM*

*Community Centre*

**Please call Steve or Marcie at the Health Centre to register**

**(705) 657-2557**