

# Bridges Community Health Centre

## Community Health and Wellness Programs

# Cook Dinner with Me for under \$10

On-line Presentation



All Bridges CHC programs are open to the entire community at no cost.

## Wednesday, May 8, 5:00-6:00pm

Join our Registered Dietitian, Christina, in this on-line session over dinner time to learn tips and strategies to cope with the recent rising costs of food and to cook along side her as she prepares a healthy, family-sized meal for under \$10.

To register and receive the Zoom link, please email [info@bridgeschc.ca](mailto:info@bridgeschc.ca) or call 905-871-7621 ext. 0 or 289-479-5017 ext. 0.