



Guelph CHC
growing healthy together



Winter 2018
Men's Cooking Group

Come and prepare meals to
take home!

FREE 4-part series.
Small group size.

Please contact Shin 519-821-
6638 ext 405 to register.

Downtown - 176 Wyndham St. N., Community Kitchen
2nd Thursday of each month 2:30pm – 4:00pm

January 11	Sweet Potato Turkey Chili
February 8	Chicken Stir-Fry
March 8	Butternut Squash Pasta
April 12	Stuffed Peppers

www.guelphchc.ca