



**Guelph CHC**  
growing healthy together



**Fall 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 x257 to register.**

**Downtown - 176 Wyndham St. N., Community Kitchen**

**2nd Tuesday of each month 1:30pm – 3:00pm**

<b>Sep.11</b>	<b>Tuna Casserole</b>
<b>Oct.9</b>	<b>Hearty Fall Chili</b>
<b>Nov.13</b>	<b>Chickpea Cauliflower Curry</b>
<b>Dec.11</b>	<b>Chicken Cacciatore</b>

**[www.guelphchc.ca](http://www.guelphchc.ca)**