



Call Patricia Davison @ 604 764 1358 to sign up!
Space is Limited!

Where: 613 Queens Ave
(Olivet Church), New
Westminster

When: Thurs. June 7,
6:30—9:00 pm

Cost: This is a **FREE**
workshop!



Free
Childcare!

Healthy Choices Workshop for Parents: Easy Nutrition Ideas

Join us for an evening of healthy living education. Learn how to eat well
on a budget, and have fun doing it.

Our main topics will be:

- Whole foods vs. processed foods
- How to get your kids to eat healthy too: Fruit and veggie snack ideas
- Group discussion on healthy meals success stories: What's worked for you?
- Growing your own garden, from apartments to communities to farmers markets: What's in it for you?



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