Mission Services invites you to join……..

IN FOODFIT YOU'LL…

- Improve your cooking skills and learn new recipes
- Join in a low impact weekly walk
- Share healthy meals with new friends
- Have fun in 12 FoodFit Sessions

A program of community food centres CANADA good food is just the beginning

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WHEN **Wednesdays January 31 – April 18**

9:30 a.m. to 12:30 p.m.

WHERE **Mission Services 196 Wentworth St N.**

COST **FREE!**

BUS TICKETS ARE AVAILABLE.

Hamilton Literacy Council
905 529-9907

Deadline:
January 29, 2018

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