

To be held at the Tsartlip Health Center. Please call Myrna to reserve your spot @ 250 652-4529 ext.206

**\*Date Change\*** to Tuesday,  
December 12<sup>th</sup> (this month only).



**\* DECEMBER 12, 2017**

**6:00PM – 8:00PM, TUESDAY**

# **TSARTLIP COMMUNITY KITCHEN**

**Make Ahead Christmas Desserts,  
Spice of the Month - Cloves  
& Benefits of the Herb Astragalus**



## **Who can Attend:**

Adults, (\*Youth  
must be 16+  
years)

Childcare costs  
available if  
needed. Please  
provide name at  
time of workshop.

The Tsartlip  
Community  
Kitchen is a great  
opportunity to  
learn hands-on  
from an  
experienced  
facilitator.

**LEARN NEW  
COOKING  
TECHNIQUES**

Have time to socialize  
with others.

Bring home a dish to  
share with family  
members.