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



MARCH 21, 2018

6:00PM – 8:00PM

**TSARTLIP
COMMUNITY
KITCHEN**

Stir Fry - Thai Curry

**Herb of the Month -Turmeric (&
Golden Milk)**

Benefits of Nettle/mint

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.**