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*To be held at the Tsartlip Health Center. Please call Myrna to reserve your spot @ 250 652-4473 ext.206*

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**SEPTEMBER 19, 2018**

**6:00PM – 8:00PM**

**TSARTLIP  
COMMUNITY  
KITCHEN**

**Tomato Sauce,  
Benefits of Rosehip Tea  
& Herb of the Month - Sage**

**Who can Attend:**

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

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

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**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.**