

To be held at the Tsartlip Health Center. Please call Myrna to reserve your spot @ [250 652-4473 ext.206](tel:2506524473)



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.

NOVEMBER 21, 2018

6:00PM – 8:00PM

TSARTLIP COMMUNITY KITCHEN

Pulled Meat Using Instant Pot,

Benefits of Immune Blend Tea

& Spice of the Month - Cumin

[You Have Room for Another One Here!]

LEARN NEW COOKING TECHNIQUES

Have time to socialize with others.

Bring home a dish to share with family members.