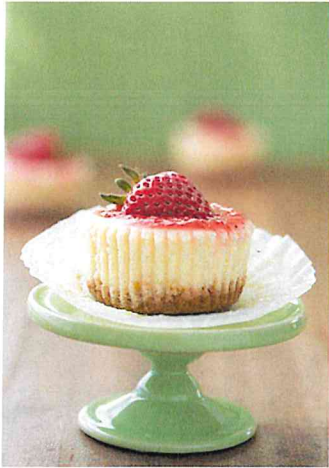

To be held at the Tsartlip Health Center. Please call Myrna to reserve your spot @ 250 652-4473 ext.206

Date Change to
WEDNESDAY, December 5th (this month only).



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.

***DECEMBER 5, 2018**

6:00PM – 8:00PM, TUESDAY

**TSARTLIP
COMMUNITY
KITCHEN**

Christmas Desserts, Spice of the Month - Cinnamon & Benefits of the Red Clover



**LEARN NEW
COOKING
TECHNIQUES**

Have time to socialize with others.

Bring home a dish to share with family members.