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



JANUARY 23, 2019

6:00PM – 8:00PM

**TSARTLIP
COMMUNITY
KITCHEN**

**Wonton Soup,
Spice of the Month – Ginger,
& the Benefits of Plantain Tea**

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.**