

# Better health one step at a time with **FOODFIT!**

## AN OPPORTUNITY TO...

- Improve your cooking skills and learn new recipes
- Cook and share healthy meals with new friends
- Join in a 30 minute walk or light activity each week
- Make a 12-week commitment to **invest in a healthier you!**



- Entirely **FREE** of cost!
- Start Date: **August 23<sup>rd</sup>, afternoons**
- **Spaces are limited – register *now!***

Contact Jake to register or for more information:

[jake@scaddingcourt.org](mailto:jake@scaddingcourt.org)

416-392-0335 ext. 311



**community food centres**  
CANADA good food is just the beginning



A program of Community Food Centres Canada, offered at Scadding Court Community Centre