

Cooking Connections

Anti-Inflammatory Foods & The Mediterranean Diet

Join us and Kacie from Connectwell for an educational cooking class focusing on anti-inflammatory foods while we create delicious foods from the Mediterranean Diet!

Open to everyone - all supplies provided.
Cost by donation.

Wednesday, September 9th from 1-3pm
Barr Line Community Centre

Please register by September 2nd by contacting Eganville Seniors at [613-628-2354](tel:613-628-2354)/info@eganvilleseniors.com or Whitewater Seniors at [613-602-3915](tel:613-602-3915)/activities@whitewaterseniors.com

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