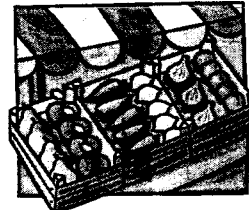
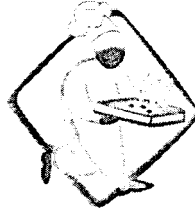
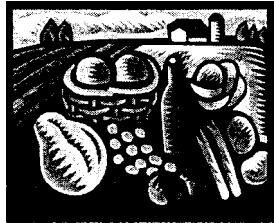


# *Ensure, Enhance & Enjoy*

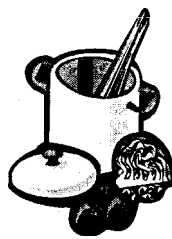
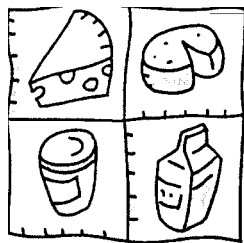


## *A Healthy Lifestyle*

### **Free Eight Week Program**

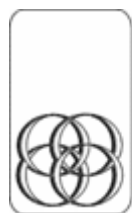
*Cook and share*  
*Visits to community gardens*  
*Food storage ideas*  
*Learn how to budget*  
*Cost saving food sources*

*Learn how to use seasonal food*  
*Learn about alternative diets*  
*Visit local farmers*  
*Pick your own vegetable / fruits trips*  
*Learn & improve on culinary skills*



**Gower Park Place (10 Gower Street) or  
Crescent Town Club (2 A The Market Place)**

For more information please call **Biljana** at **416-691-7407**.



**Neighbourhood Link**  
**Support Services**