

FRUITS AND VEGETABLES FOR YOUR HEALTH



Add fruits and vegetables to your favorite dishes



- *FREE*
- *Open to adults only*
- *Refreshments Available*
- *Food Demonstration*
- *Registration Required*

Tuesday, November 8th, 2022
5:00 PM to 7:00 PM

Creditvale Mills Community Wellness Hub,
1555 South Parade Ct, Mississauga, ON

To register: Please call 905-813- 1100 Ext. 4777

or

register online @ cvfht.ca/cooking

Hosted by: Salma Mahmoud, RD & Yoko Tsuyuki, SW

CREDIT • VALLEY

Équipe de Santé Familiale • Family Health Team

Credit Valley Family Health Team (IPCT)
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