

COOKING WITHIN A BUDGET

Are you trying to save money on food?

Join us!

For an evening with helpful tips on healthy eating well while spending less.



- FREE
- Open to adults only
- Refreshments Available
- Registration Required

Tuesday, October 4th, 2022. 5:00 PM to 7:00 PM

**Creditvale Mills Community Wellness Hub,
1555 S Parade Ct, Mississauga, ON L5M 6E9**

***To register: Please call 905-813-1100 Ext. 4777 or register online @
cvfht.ca/cooking***

Hosted by: Salma Mahmoud, RD & Sabah Ahmed, RN