



## Walk, Shop & Chop: Chinese Food

**Prep Day:** Wednesday, July 25, 12:30–2:30p.m.

**Cooking Day:** Thursday, July 26, 9:30 a.m.–12:30 p.m.

Cook a delicious, nutritious meal of stir-fried cauliflower, pan-fried egg cake, and cucumber-cilantro salad with **Mike, Linda and Carlyne**.

Then enjoy coconut tapioca for dessert.

Meet at Mount Pleasant Neighbourhood House  
800 East Broadway, Vancouver  
Unceded Coast Salish Territory  
[www.mnph.org](http://www.mnph.org)

**Please sign up at the front desk or contact**  
Omnia El Shayeb, Seniors Programmer:  
[OELshayeb@mnph.org](mailto:OELshayeb@mnph.org), 604.879.8208 ext 112

