

Better health one step at a time with FOODFIT!



IN FOODFIT YOU'LL...

- Improve your cooking skills and learn new recipes
- Join in a 30 minute walk each week
- Share healthy meals with new friends
- Make a 12-week commitment to becoming a healthier you

WHEN	Orientation Session: Wednesday, June 12 12:30-2:30 p.m. Wednesdays from 12:30-3:30 p.m. (with lunch!) June 19-September 4, 2019
WHERE	Mount Pleasant Neighbourhood House 800 East Broadway , Vancouver, V5T 1Y1 Unceded Coast Salish Territory
COST	FREE!
JOIN	Call Omnia Elshayeb 604 879 8208 ext 112 OELshayeb@mpnh.org

Priority will be given to community members who self-identify as living in a low-income household.

www.mpnh.org/food
facebook.com/mountpleasantneighbourhoodhouse
Twitter | Instagram | @mountpleasantnh



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