

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

FoodFit

eat healthier • move more • make new friends

WHEN

Orientation Session:
Thursday, August 8 | 12-2 p.m.

Thursdays from 12-3 p.m. (with lunch!)
August 8-October 31, 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



Mount Pleasant
Neighbourhood House



a program of

community food centres
CANADA good food is just the beginning