

# 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, October 9 | 12-2 p.m.

Wednesdays from 12-3 p.m. (with lunch!)  
October 9-January 29, 2020  
(except December 11 & 25, and January 1)

**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](http://www.mpnh.org/food)  
[facebook.com/mountpleasantneighbourhoodhouse](https://facebook.com/mountpleasantneighbourhoodhouse)  
Twitter | Instagram | @mountpleasantnh



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