



Healthy Eating Workshop

兒童營養知識講座
(6 節課/6 sessions)

For parents with children 0 - 6 years old

對象: 擁有 0 歲至 6 歲兒童的家長

Language 語言: English 英語



- 營養教育
Nutrition Education
- 為全家準備健康食物
Make healthy foods for your family
- 改善購物和烹調技巧
Build skills for shopping and cooking
- 結交新朋友分享經驗
Make new friends and share experiences
- 贈送健康食品購物券
Gift certificates for healthy food and TTC Tokens
- 提供免費托兒服務 (需預約)
Free child care available (RSVP required)

**Location 地點: Agincourt Community Service Association
Chester Le Community Corner
201 ChesterLe Blvd, Toronto, ON M1W 2K7**

Date 日期:

Mondays, July 17, 24, 31; Aug 14, 21, 28, 2017

2017 年 7 月 17, 24, 31 日; 8 月 14, 21, 28 日 (星期一)

Time 時間: 2:00pm - 4:30 pm.

Facilitator 講者: Vivian Ho (Community Nutrition Educator)

Registration 報名: Marsha 416-491-3456