

# COME COOK WITH US!

Learn to cook delicious and healthy meals!  
Cooking classes are offered for free for adults of all ages



**WHERE?** Salvation Army Westminster Park Church 519-668-0025  
1190 Southdale Rd E, London ON N6E 1B2

**WHEN?** Wednesdays from 12:30pm -2:30pm  
January 11-February 22 (7 weeks)

**To register:** please email Tatiana: [tpyper@healthzonenplc.ca](mailto:tpyper@healthzonenplc.ca)  
or call 226 785 1923

**Health Zone Nurse Practitioner Led Clinic**  
Sessions offered by Tatiana Pyper, Registered Dietitian