



Cooking Club for Seniors

Join us for hands-on fun in the kitchen!

Learn how to make simple, healthy, tasty, and affordable meals. Cook with others, connect, eat, and share your knowledge in a welcoming and inclusive space.

- 6 sessions
- Thursdays, May 21-June 25
- 1pm - 3:30pm
- Nelson Community Food Centre (602 Silica St.)



Guest Nutritionist, Cindy Spratt

Registered Holistic Nutritionist, Cindy Spratt, will join us for two nutrition-focused cooking and learning sessions:

- June 4 - Meeting Nutritional Needs Through Real Foods
- June 18 - Digestive Health

Registration info

To register, contact Joan at 250-505-2361 or jexley@cbal.org, or Keiko at keiko@nelsoncfc.ca

Pre-registration required.

Transportation available if needed.

Free!

NELSON
COMMUNITY FOOD CENTRE

A Right To Food Partner

cbal
Columbia Basin Alliance for Liberty

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