

"A TASTE OF THE
NEIGHBOURHOOD"



EAT WELL-HAVE FUN

Equal Access for Multicultural Health
Workgroup of Healthy Living Hamilton,
and

Wentworth Baptist Church

Invite you to attend this
free informal lunch and learn:

Saturday March 24, 2007

Wentworth Baptist Church

120 Wentworth Street North, (at Cannon)

11:00 am - 1:00 pm

- Taste and learn about Arabic, Vietnamese and Korean foods
- Learn about healthy serving sizes and Canada's *new* Food Guide
- Join us to meet and "CATCH UP" with your neighbours in the Gibson community!
- Children welcome. Limited space so register early!

To RSVP or for more information, please contact
Jeanette Tootell @ 905 522 2231.