

# Better health one step at a time with **FOODFIT!**

## IN FOODFIT YOU'LL...

- Improve your cooking skills and learn new recipes
- Become more active
- Share healthy meals virtually with new friends
- Make a 6-week commitment to becoming a healthier you, 12 sessions total!

**WHEN:** Starting this **OCTOBER** twice a week

**WHERE:** Virtual & Outdoors

**COST:** Free!

**CONTACT:** Aura

**905-765-4408 for more information**



a program of



**community food centres**  
CANADA good food is just the beginning