

Cooking from the **Heart** ♥ *A Taste of Home* ♥

A cooking program that celebrates the rich and diverse culinary traditions while building connections, and promoting healthy eating.

Good Food ♥ Great Company ♥ Healthier You



EXPLORE
new recipes and
culinary traditions



BUILD
meaningful
connections



PROMOTE
healthy eating
and wellness



SUPPORT
women's
wellness



Dates

Every 1st and 3rd
Friday
October 2nd and 16th, 2026



Venue

44 Francis Street
South



Time

1:30pm - 3:30pm

To register, call



519 745 4404 ext. 418



Email

healthwellness@healthcaringkw.org

In partnership with:



Healthy Women ♥ Stronger Communities