

COLLECTIVE KITCHEN

COOKING TOGETHER IS BETTER

Join our fun monthly nutrition group as we work together to cook large batch meals for the community.



- Dates:** Third Monday of every month
- Time:** 10:00am-12:00pm
- Location:** Merrickville Community Health Centre
345 Read St Merrickville, ON
OR join us virtually from your own home!

For more information, contact rnutschmann@rideauchs.ca



Rideau Community
Health Services

Your Community Health Centre

Photo from: <https://www.ocreger.com/2021/02/17/5-heart->

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