

# COOKING CLASS

COOK ONCE, EAT TWICE

Join our dietitian in cooking up delicious meals that will feed the family not once, but twice!



**Dates:** Mondays **Nov** 7, 14, 21, 27, **Dec** 5 and 12.

**Time:** 2:00pm - 4:00pm

**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](mailto:rnutschmann@rideauchs.ca)



Rideau Community  
Health Services

Your Community Health Centre

Photo from: <https://www.bbcgoodfood.com/howto/guide/batch->

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