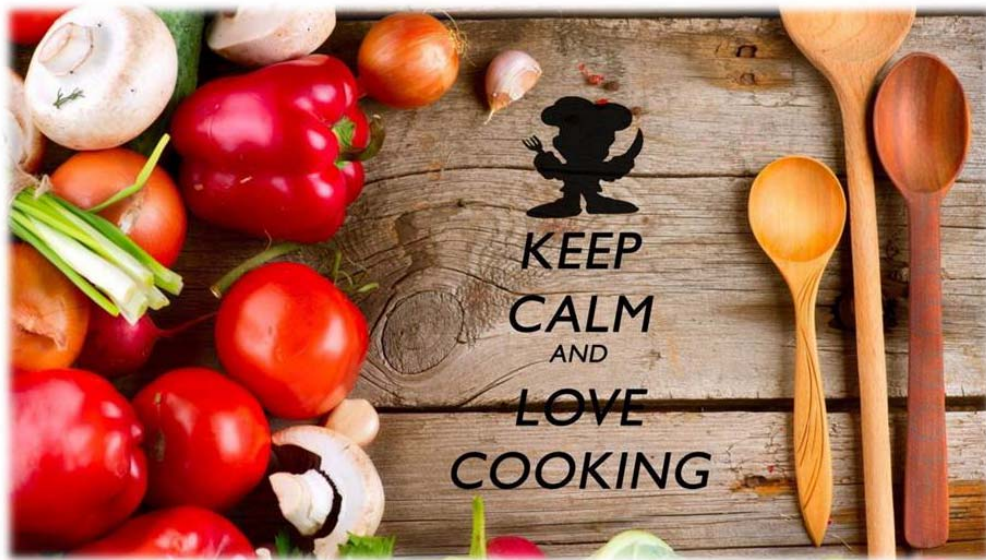


COOK WITH YOUR DIETITIAN

COMMUNITY PROGRAMS

Join Rebekah in her kitchen as she cooks up delicious and nutritious meals.



Dates: Tuesdays May 26 - June 16, 2020

Time: 3:30pm - 5:00pm

Location: In your own kitchen! All you need is a computer (or tablet) and we will connect with you virtually.

Space is limited! To register e-mail rnitschmann@rideauchs.ca



Rideau Community
Health Services

Your Community Health Centre

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