

A Métis Nation of Ontario Event

COMMUNITY KITCHEN

Join us for this workshop to learn about nutrition education! Learn how to make strawberry smoothies and about slow cooker preparation. All ages welcome with parent supervision.

Friday, October 7
11:00 am - 3:00 pm

Ontario Early Years Centre
171 Chippewa Street West
North Bay

On city bus route.

Limited spaces (first-come, first-served basis)
Please register by September 30 by contacting:

Amanda Benedict

MNO Métis Healthy Babies Healthy Children Coordinator

705 474 2767 ext. 314

amandab@metisnation.org



Ontario Early Years Centres
A Place for Parents And Their Children.



Centres de la petite enfance
Un endroit pour les parents et leurs enfants.



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