



Cooking for One or Two on a Budget

Language: English

Date: Friday, September 18th 2020

Time: 10:30am- 12:00pm

Speaker: Hinson Ho (Registered Dietitian)

Description:

A live virtual cooking demonstration led by a Registered Dietitian featuring recipes that are budget friendly, easy to make, and perfect for older adults living alone or with their spouse.

Location: via zoom

Registration is required.

Please contact Elsa at 416 493 3333 x 305 or email at elsa@splc.ca
Zoom link will be provided upon registration.



**Everyone is welcome especially older adults, seniors,
caregivers, newcomers, & service providers!**