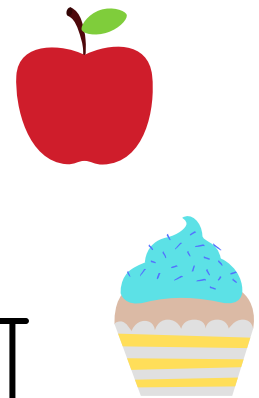


# YULE COOKING PROGRAM



STARTING FEBRUARY 12TH  
2019



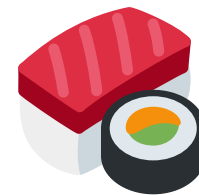
10 Clermont Dr.

Every Tuesday from 3:00 to 5:00 PM

Children 6-12 years old



**FREE!**



- Learn how to bake and cook
- Make delicious and healthy recipes
- Learn about nutrition and healthy eating
- Games and crafts
- And so much more!

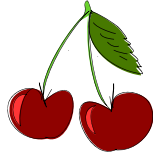
For more information,  
please contact  
Melissa Hagen:  
(613) 745-0073  
ext: 113  
[Melissa.Hagen@crcrr.org](mailto:Melissa.Hagen@crcrr.org)



Centre de ressources communautaires  
**RIDEAU-ROCKCLIFFE**  
Community Resource Centre

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# PROGRAMME DE CUISINE À YULE



DÉBUTE LE 12 FÉVRIER  
2019



10 Prom. Clermont

Tous les mardis de 15h00 à 17h00

Enfants de 6-12 ans



**GRATUIT!**



- Apprenez à cuisiner
- Cuisinez des recettes saines et délicieuses
- Apprenez en plus sur la nutrition et l'alimentation saine
- Jeux et bricolage
- Et bien plus!

Pour plus  
d'informations,  
contactez Melissa Hagen  
(613) 745-0073  
poste: 113  
[Melissa.Hagen@crcrr.org](mailto:Melissa.Hagen@crcrr.org)



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