

COOKING DEMO

Join our Registered Dietitians for an afternoon of fun in our Community Kitchen! Our Dietitians will be showing how making delicious meals can be nutritious, easy, and possible with any budget.



Where

Smiths Falls Site
2 Gould St. Smiths Falls, ON

Dates

May 21st 2026
June 18th 2026
July 16th 2026

Time

1:30 - 3:30 PM

**REGISTER
TODAY!**

CALL 613-284-2558

You can register for one, two or all three classes!