

# In the Kitchen with our Dietitian

## COMMUNITY PROGRAM

Interested in learning new recipes and developing your cooking skills? Join our Community Dietitian for a morning of cooking! In this 2-hour hands on cooking class we will be trying new recipes, learning cooking techniques, and, of course, enjoying a delicious meal!



### WHERE

Smiths Falls Site  
2 Gould Street

### WHEN

May 7  
10:00am-12:00pm  
Easy meals on a  
budget

June 4  
10:00am-12:00pm  
Easy meals  
featuring Canadian  
products

For more information or to  
register, please call  
613-284-2558



Rideau Community  
Health Services