



MERRICKVILLE SOCIAL KITCHEN

Join us for a fun afternoon in our community kitchen! We'll be showcasing easy meals with a different theme each week. Whether you want to join in on the cooking or simply relax with a cup of coffee or tea, we'd love to have you there!

MERRICKVILLE COMMUNITY
HEALTH CENTRE

TUESDAYS
12:00 – 2:00 PM

Sept
16

Budget-Friendly Meals

Sept
23

Heart-Healthy Eating

Sept
30

Foods for Healthy Bones

Oct
7

Feeding Your Gut

Oct
14

Plant-Based Meals

Oct
21

Healthier Baking

CALL RCHS AT 613-269-3400 FOR MORE INFORMATION