

Better health one
step at a time with

FOODFIT!



Are
you
ready
to...

- ⇒ improve your basic cooking skills and learn new recipes?
- ⇒ join in a 30-minute group walk each week?
- ⇒ share healthy meals with new friends and work as a team?
- ⇒ make a 12 week commitment to learn how you can become a healthier you?

JOIN ↓



WHEN

*Tuesday 5-8pm or Wednesday 1-4pm
classes available starting January 10
& 11 2017. Call to reserve your spot!*

WHERE

Interfaith Food Bank, 1103 3rd Ave N Lethbridge, AB T1H 0H7

COST

FREE!

JOIN

Call coordinator Thressa at (403) 320 8779 or email
thressa@interfaithfoodbank.ca (Spaces are Limited)

EVERYONE WELCOME!

Priority will be given to community members who self-identify as living in a low-income household.

A fun, FREE 12-week program that combines good cooking and exercise.

Free meals included!



Thressa Bens; FoodFit Coordinator
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(403) 320 8779



in partnership with
community food centres
CANADA good food is just the beginning