



**INTERFAITH  
FOOD BANK**  
SOCIETY OF LETHBRIDGE

## Food Fit Revamped

# A 12 week program for a healthier you!

- Improve your cooking skills and learn new recipes with a nutrition specialist
- Join our fitness coach each week for a physical activity
- Share healthy meals with new friends
- Make a 12-week commitment to becoming a healthier you



**WHEN:** Starting October 9, 2019

**Wednesday 1-3pm Beginners Class**  
**5:30pm – 8:30pm Intermediate Class**

**WHERE:** Interfaith Food Bank  
1103 3<sup>rd</sup> Ave North, Lethbridge

**COST:** Free!

**CONTACT:** Echo at 403 320 8779  
to register.

**FLAMAN**  
Group of Companies