

Join our free Budget-friendly Cooking Workshops



Hamilton Family Health Team
Better care, together.



Led by Registered Dietitians

In-person at Hamilton Public Library locations

Learn tips to eat well and spend less

Date	Time	Location
Feb 7	10:00 - 11:00 a.m.	Central Library
Feb 12	2:00 - 3:00 p.m.	Barton Library
Feb 19	2:00 - 3:00 p.m.	Waterdown Library
Mar 28	1:00 - 2:00 p.m.	Ancaster Library
Apr 3	10:00 - 11:00 a.m.	Waterdown Library
Apr 15	1:00 - 2:00 p.m.	Concession Library
Apr 17	10:30 - 11:30 a.m.	Sherwood Library

No registration required!