



Community kitchen / Health workshop



MAKE



AND TAKE

OVERNIGHT

OATS



*There will be a
light meal provided
and door prizes.*



DATES AND TIMES FOR EACH COMMUNITY

Feb 3rd	12:00-2:00 pm - Cheam
Feb 5th	12:00-2:00 pm - Seabird Island
Feb 13th	12:00-2:00 pm - Scowlitz
Feb 17th	12:00-2:00 pm - Shxwowhamel
Feb 24th	12:00-2:00 pm - Squiala
Feb 27th	12:00-2:00 pm - KKA



February community kitchen / health workshop will have a topic of heart health



Community kitchen / Health workshop



MAKE



AND TAKE

FISH



CASSEROLE

*There will be a
light meal provided
and door prizes.*



DATES AND TIMES FOR EACH COMMUNITY

Mar 3rd	12:00-2:00 pm - Cheam
Mar 5th	12:00-2:00 pm - Seabird Island
Mar 13th	12:00-2:00 pm - Scowlitz
Mar 17th	12:00-2:00 pm - Shxwowhamel
Mar 24th	12:00-2:00 pm - Squiala
Mar 27th	12:00-2:00 pm - KKA



March community kitchen / health workshop will have a topic of wellness