



Join us on Saturday, October 14th @11am to 1:00pm

Atlas Tube Centre, Renaud Room

Chef Ben from the Iron Kettle Bed & Breakfast, Comber

Free Healthy Choices Cooking Demonstration & Sampling



Creating awareness on the simplicity of selecting, preparing and safely cooking whole foods by children ages 8 years + and parents

Reserve your spot today! Maximum 150 registrants.

Register your family on line at www.lakeshore.ca under code #7275 per person

Transportation for families coming from the Stoney Point, Comber and Woodslee areas also available free of charge – register online under code #7276

Stoney Point bus pick up – Stoney Point Park parking lot – 9:45am pickup
Comber bus pick up – Comber Community Centre parking lot – 10:00am pickup
Woodslee bus pick up – Millen Park parking lot – 10:30am pick up

Free swim also included for all registrants from 1:30pm to 3:30pm

Together, we are building the foundation for a healthier lifestyle!

