

RSVP Deadline: Dec 3<sup>rd</sup>

Email [dietitian@innerhealth1.ca](mailto:dietitian@innerhealth1.ca)  
905-265-2140

## Holiday Cookie Exchange! *with*

**Fina & Filomena**, Wellness Cooking Class Hosts

**Wednesday,  
December 07**

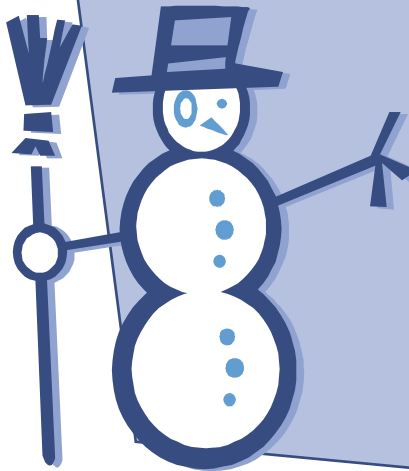
**7-8:30pm**  
FORTINOS HWY 27

Cookie Recipes will include:

- *Black Bean Brownie*
- *Date 'N Nut Coconut Snowballs*
- *Dark Chocolate Biscotti*

*\$30 per person (Bring a friend & save \$5 off your ticket)*  
*(Purchase remaining 3 Fall Cooking Classes for \$75 – that's \$15 Savings!)*

RSVP: [dietitian@innerhealth1.ca](mailto:dietitian@innerhealth1.ca) 905-265-2140



**FORTINOS** 8585 Hwy 27; Community Room where classes are held are  
not guaranteed to be nut free!

