# Wellness in the Kitchen

- Cooking
- Eating
- Wellness Exercises
- Support

## Program Dates

***Wednesdays*** *from*

*10:30am to 1:30pm*

**January 11, 18, 25**

**Making choices for a healthier today.**

NorWest Community Health Centres is located at:
525 Simpson St, Thunder Bay, ON P7C 3J6
807-622-8235: Telephone / 807-622-7637: Fax
1-866-357-5454: Toll Free / Website: [www.norwestchc.org](http://www.norwestchc.org)

NorWest Community Health Centres
Centres de santé communautaire NorWest

Supported by:
Ontario
North West Local Health Integration Network

**For More Information and to Register, Please Contact Marla @ 622-8235, ext 2255**

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