

日期：2017年8月1, 8, 15 & 22日 (星期二)
时间：上午10:00至中午12:00
语言：英语



顶级厨师 妈妈

费用：4堂课共\$10

新移民女性活动



地点：Immigrant Women Resource Centre
7220 Kennedy Rd., Unit 5, Markham, On, L3R 7P2

参加者须携带枫叶卡出席讲座

父母当然希望孩子们吃得健康，而孩子们却更喜欢无益没营养的食物。我们在这里与您分享一些简单，美味，有营养的餐单。

查询及报名：905-415-9763

下午4:30以後，请联络：905-479-7926

Date: August 1, 8, 15, 22, 2017 (Tuesday)
Time: 10 am to 12 noon
Language: English



Top Chef MOM

Cost: \$10 for 4 sessions
For Newcomer Women



Location: Immigrant Women Resource Centre
7220 Kennedy Rd., Unit 5, Markham, On, L3R 7P2



** Please bring your PR card to this workshop **

Parents want their children to eat healthy and nutritious food, while the youngsters mostly prefer comfort food. We are here to share some cooking ideas with you to prepare simple, tasty & nutritious meals.

For enquiry and registration: 905-415-9763

If you call after 4:30 pm, please dial 905-479-7926