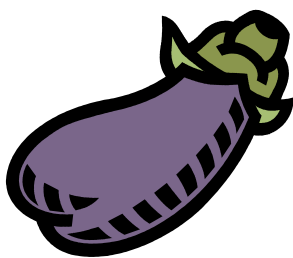
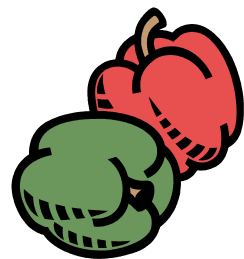


a FREE hands-on program where you will learn how to include more vegetables and fruit in your day

# Colour It Up



Meals provided

## Go for More Vegetables and Fruit

- Who:** Adults aged 50+
- When:** Wednesdays 5:30-7:30pm from April 19 to May 31, 2017
- Where:** 2788 Lakeshore Boulevard West (at 2nd Street, Among Friends)

To register, please contact Maki, RD at 416-252-9701 ext 271



### LAMP Community Health Centre

185 Fifth Street, Etobicoke ON M8V 2Z5  
Tel: 416.252.6471 Fax: 416.252.4474  
www.lampchc.org

"Building a Healthy Community"



United Way  
Greater Toronto

