pchs
Punjabi Community Health Services

SAHARA
HEALTH PROMOTION
& PREVENTION



Wholesome Bites Workshop



MAKE HEALTHY SNACKS WITH US

Join us for an engaging World Diabetes Day workshop and learn how to prepare quick, delicious, and healthy snacks with ease!

Wednesday, November 18

4:30PM – 6:30PM

Building Hub Room (upstairs), 60 West Drive, Brampton, ON L6T 3T6

Scan this QR code to register or...

437-243-3735

SUPPORTLINE@PCHS4U.COM