



Health & Wellnes Summer Series (55 +)



🕒 WHEN

on Thursdays
July 3 (at Flemington)
July 10 (at Fairview)
August 28 (Flemo Farm)
from 2 PM

📍 WHERE

In person at FHC -
Fairview or
Flemington Site

💡 QUESTIONS

Contact Svetlana Vigor
SVigor@fhc-chc.com
416-554-9608

+ MORE INFORMATION

Join us for a tasty and informative series focused on healthy eating, cultural foods, and local produce!

- 🍉 July 3 & 10 – Healthy Eating Workshops
 - Sample unique fruits and vegetables from different cultures
 - Learn about their health benefits
 - Watch a live demo of a wheat berry salad with fresh summer produce

🌾 August 28 – Farm & Market Visit
Explore Flemo Farm and the Flemo Farmers Market – see where your food comes from and discover fresh, local options!

REGISTER NOW:

Scan the QR code
below, or click here.

