



FUN WITH FOOD

🕒 WHEN

October 29, 2025
November 26, 2025
December 17, 2025
2:30–3:30 pm

📍 WHERE

Virtually, on Zoom
Link shared upon
registration

💬 QUESTIONS

Contact Ester Araskhanyan
earaskhanyan@fhc-chc.com
416 640 5298 ext 425

+ MORE INFORMATION

Fun with Food is a monthly program that promotes food literacy, community engagement and reduces social isolation. Each session includes an interactive talk with a dietitian, offering valuable nutrition insights and a welcoming space for participants to connect.

All individuals, families and youth are welcome!

REGISTER NOW:

Scan the QR code
below, or click here.

Registration for FHC Programs:
October-December 2025, Q3 (Ester
Araskhanyan)

