



# FUN WITH FOOD

## 🕒 WHEN

January 28 , 2026  
February 25, 2026  
March 25, 2026  
2:30–3:30 pm

## 📍 WHERE

Virtually, on Zoom  
Link shared upon  
registration

## 💬 QUESTIONS

Contact Ester Araskhanyan  
[earaskhanyan@fhc-chc.com](mailto: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:  
January -March 2026, Q4 (Ester Araskhanyan)

