

**THE**  
**HEALTHY**  
**KIDZ'**  
**LUNCH KIT**

**Kids ages 5 – 12**

Your child will enjoy learning how to create their own **FUN** and **HEALTHY** school-friendly lunches!

**March 21 & 22**

**9:30-11:30 OR 12:30-2:30**

**Harewood Activity Centre 195 Fourth St.**

**All classes are Free!**

To register your child please call **250-740-0223**  
or email **[kidzcookmimn@gmail.com](mailto:kidzcookmimn@gmail.com)**

Mid Island Metis Nation

“Supporting Health in Our Community”

Supported by VIHA AHIP