

# Seniors Cooking 2gether

## Program



Improves Appetite, stimulates the senses, sight, smell, taste, touch, sound, improves hand eye coordination, brings back memories, knowledge of nutrition, encourages socializing and fun

**6 weeks, every Friday**  
**starting July 15 , 2022 from**  
**10:45am to 1pm**

**Online registration opens June 30th**  
**at 9am, go to [www.bbnc.ca](http://www.bbnc.ca)**  
**For more information email**  
**[priya@bbnc.ca](mailto:priya@bbnc.ca)**

