

# Newcomer Settlement Program

## Healthy Eating on a Budget

### Join us to:

- Explore how to make healthy food choices
- Learn meal planning tips while on a budget
- Find out about free resources and lower cost ways to eat healthier foods



**\*\*This is a FREE event and light refreshments will be provided\*\***

**When: Wednesday, September 27<sup>th</sup> 2017**

**Time: 10:00 a.m. – 12:00 p.m.**

**Where: Brentwood Public Library  
36 Brentwood Road North**

(near Royal York Road and Bloor Street West)

**TO REGISTER:**

Call: 416-231-2295 ext. 6251 or

Email: [h.shah@jobstartworks.org](mailto:h.shah@jobstartworks.org)

[www.jobstartworks.org](http://www.jobstartworks.org) \* TTY: 711 (Relay Service)



**Everyone is  
Welcome!**