

Healthy Baking

Part 1

Join us on **Saturday, April 15th (12pm-2pm)** to:

- make Egg Frittata Muffins
- learn tips on how to make a healthy breakfast suitable for seniors!

Baking workshop led by our Registered Dietician.

Part 2

Create a healthy breakfast for a senior(s) in your life!

Snap some photos to share with us by
April 30th, 2023!



Earn a total
of 5
volunteering
hours!

Where: Carefirst One-Stop Multi-Services Centre
(300 Silver Star Blvd., Scarborough)

Register: <https://forms.gle/hAn6tupvhf6Nd4tx9>

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