



## Carefirst Wellness Club 耆暉會耆康社

Virtual Program 網上課程

(Cantonese 粵語)



### Wellness Kitchen "I Am Cook Man"

### Valentine's Day and Chinese New Year Cooking Demo

### 300號廚房「煮家男」- 情人節及金虎年烹飪示範

- ❖ Honey Lime Tiger Shrimp
- ❖ Heart Shaped Quinoa Cake with Avocado Dip
- ❖ 青檸蜜汁老虎蝦
- ❖ 心形藜麥蛋糕配牛油果醬

Code 班號	Date 日期	Speaker 主講
WEL21240	Wed, Feb 9, 2022 2月9日 (星期三) 11:00am – 12:00pm	Eric Man Carefirst Volunteer 耆暉會義工



Wellness Club  
Members Only  
僅限耆康社社員

FREE  
免費

**\*現已接受網上報名 Register online now\***

網上報名或需要更多Wellness Club資訊請按：[Wellness Club 活動網站](#)，  
點擊 "PROGRAM" 後，便可參閱各興趣班的詳情。

Visit [Wellness Club Portal](#) and then click on the "PROGRAM" tab to register  
or view program details.

查詢: Enquiries

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