Carefirst Wellness Club 耆暉會耆康社

Virtual Program 網上課程

(Cantonese 粵語)

Wellness Kitchen "I Am Cook Man"
Mother's Day Easy Gourmet
300號廚房「煮家男」- 頌母恩簡易美食

- Chicken Cordon Bleu 芝士火腿釀雞胸
- French Toast Non Deep Fried 法式西多士
- Strawberry and Blueberry Coulis 士多啤梨籃莓醬

Code 班號	Date 日期	Speaker主講
WEL22031	Wednesday, April 27, 2022 4月27日 (星期三) 11:00am – 12:00pm	Eric Man Carefirst Volunteer 耆暉會義工

FREE
免費

Wellness Club Members Only
僅限耆康社社員

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
電話: (416) 847-8939 (Wellness Club 耆康社)
電郵: wellness@carefirstontario.ca

United Way Greater Toronto

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