

Come Share Around The Table



Seniors Come
Share Society

Community Support Program
604-531-9400 extension 205
15008 26 Ave, Surrey BC

Come Try our New Program!

Join us for a chance to meet new people, cook and learn about the importance of nutrition and healthy eating!



Come meet new people and with the help of a cooking educator:

- budget your grocery list effectively
- Prepare nutritious and affordable meals
- Learn about the importance of nutritional value
 - The Health effects of proper eating
 - And Proper food handling

Sign up before the slots are gone!

Where: Seniors Come Share Society

When: 2nd and 4th Saturday of each month

For more information contact us at: **604-531-9400 ext. 205**

