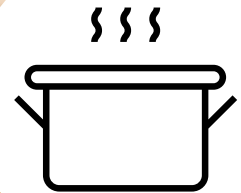
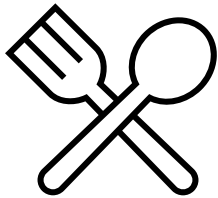


# SIMMER AND SOCIAL

WITH KATHY SMART



Participants are invited to meet in the kitchen to learn a new healthy soup or one pot recipe. Learn about the health benefits of the ingredients from Kathy Smart and participate in a demo of the recipe. In the second hour participants will share a meal together.

**EVERY TUESDAY**  
**5:00 -7:00 PM**

**FOR 12 WEEKS**  
**BEGINNING JANUARY 17, 2023**

**REGISTRATION:**  
**OTTAWACANCER.CA/CALENDAR**  
**OR CALL 613-247-3527**

**OTTAWA COMMUNITY CANCER HUB**  
**1500 ALTA VISTA DRIVE**