



*The Host Youth Program  
& The Youth Centre Present...*

# Cultural Cuisine

**For Youth between the ages  
of 13-19 in Ajax – Pickering...**

Come and join us to prepare healthy  
multicultural dishes!

Weekly sessions are facilitated by a  
Registered Dietitian. Learn basic cooking  
skills and how to make healthy eating  
choices!

## Program Highlights:

- Learn to prepare healthy meals
- Make new friends
- Enhance your social skills
- Earn community service hours



**Space is limited,  
so register soon!**

*Location: The Youth Centre, 360 Bayly St. W., Ajax*

*Every Thursday January 28 - February 18, 2010*

*Time: 5:45 - 7:45 pm*

*To Register: Marinela Batulski at 905-686-2661 ext.109*