



SENIORS ENGAGEMENT  
& EMPOWERMENT NETWORK

## FREE IN-PERSON COOKING CLASSES FOR SENIORS



In Collaboration with  
SEVA Food Bank



**Monday, April 22, 2024 | 11:00 a.m. – 12:30 p.m.**

**Venue: Seva Food Bank, 2832 Slough Street,  
Mississauga (Malton) L4T 1G3**

Join us in person to meet with other seniors (55+) to learn new recipes and cooking techniques from an expert chef. Let us cook together and eat together!



**Seats are limited and registration is required to book a spot!**

**Register by phone or email:**  
**(905) 677-0007 Ext. 5233**  
**MaltonNIC@achev.ca**

**Follow Achēv on:**



Funded by the  
Government  
of Canada

Financé par le  
gouvernement  
du Canada

