



TNO-THE NEIGHBOURHOOD ORGANIZATION  
SETTLEMENT SERVICES



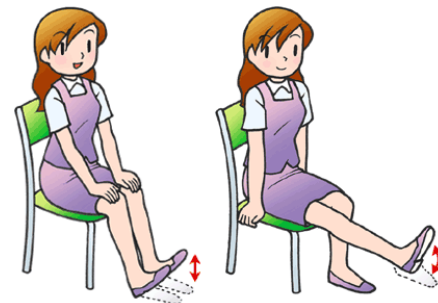
# Multicultural Women's Group



May, 2019

Chair Exercise

May 1



Canada's Food Guide

May 8



Healthy Cooking  
With the Food Guide

May 15, 22, 29

**When: Wednesdays 4:15 pm - 6:00 pm**

**Where: TNO, 18 Thorncliffe Park Drive**

**For More Information call Madhu at 416-421-3054 ext. 235  
or email [mchoudhary@tno-toronto.org](mailto:mchoudhary@tno-toronto.org)**

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