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COMMUNITY BENEFITS PLAN



Food & Mood:

Eating on a Budget

Eating healthy can be tough, especially when money is tight. Learn what resources are available in your community, how to make the most out of your grocery budget and take home a kit full of essentials to get you started!



September 23rd
11:00–12:00pm



weCHC Sandwich
3325 College Ave., Windsor

Scan or call 519-962-2284 ext. 361 to register.



www.wechc.org

