

Healthy Sprouts



Thursday October 16th 6-8 **or** Friday October 17th 1-3
4-621 Lakeview Drive Kenora

Please join us for a free workshop and learn how to grow your own nutritious sprouts in at home.

Discover how easy and affordable it is to grow fresh, nutritious sprouts at home—even in small spaces. while connecting with others in the community

Contact:

Alexis Boucha

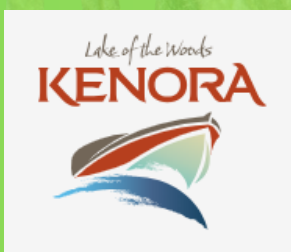
Community Wellness Coordinator

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Please sign up quickly as space will fill up quickly preference will be given to participants attending the Age Friendly Kenora Symposium

Register at <https://forms.gle/Ag1qnnGST2F8qKzD6>
or click on QR Code below



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