

**Date: Mon Jan 23rd, 2017**

**Time: 11:30am - 1pm**

# **BRING YOUR LUNCH AND LEARN!**



**Terri Walker of The V Spot Café**

Join us for this nutritious and delicious Lunch and Learn!  
Terri will talk about plant based foods as well as provide us  
with samples from the restaurant!



Please rsvp if you are  
interested in learning more about  
plant based nutrition!

**Brought to you by the S.I.M GYM**  
**Talk takes place in the Auditorium of St. Joseph's Villa**  
**56 Governor's rd, Dundas**  
**Call 905-627-3541 ext 2109 or**  
**email [s.i.mgym@sjv.on.ca](mailto:s.i.mgym@sjv.on.ca) to reserve your spot**  
**55 and older please**