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PUBLIC SERVICE ANNOUNCEMENT

Spaces available for FREE FoodFit classes at Interfaith Food Bank starting January 2018

Another round of nutrition, cooking, and easy physical activity classes begins January

Do you want to head into the New Year on a healthier note? Are you already concerned about the effects of Christmas treats? Join FoodFit classes to learn about nutrition, cooking, and exercise and start 2018 with a healthy bang! Spaces are now available for the next round of **FREE** classes, childcare is available for some sessions.

FoodFit brings community members together to set goals, learn skills, and make measurable changes in overall health and fitness. The goal of the FoodFit program is to support community members to become better nourished, more active, and less socially isolated. Over 12 weeks, participants cook, learn about nutrition, and participate in physical activity.

**Our next round of classes begin in January 2018 on Tuesday Evenings 5:30 – 8:30pm or
Wednesday Afternoons 1:00 – 4:00pm.**

We are also seeking volunteers to assist with this program.

To register, to volunteer, or for more information call Rudeen at 403 320 8779.



Interfaith Food Bank Society of Lethbridge recognizes the human dignity of those in need and provides food and access to services and resources generated from within our community. In partnership with the community, Interfaith Food Bank is a leader in alleviated hunger and its root causes through programs, services, advocacy, and guidance, thus encouraging individuals to realize their full potential. For more information visit www.interfaithfoodbank.ca or call 403-320-8779.

CFCC provides resources and a proven approach to partner organizations across Canada to create Community Food Centres that bring people together to grow, cook, share, and advocate for good food. CFCC also works with the broader food movement to build greater capacity for impact and to empower communities to work toward a healthy and fair food system. For more information, visit www.cfccanada.ca or follow [@aplaceforfood](https://twitter.com/aplaceforfood).

November 29, 2017