

Carp Dinner Talk

Sunday Nov. 16, 2014 Space is limited.



Image courtesy of Sura Nualpradid

**Bring container
for leftovers**

RSVP by Nov. 14

**Join us for a complimentary healthy dinner
and help support the local food bank**

**A donation of non-perishable food, money or assistance with clean-up is appreciated
with 100% of the proceeds going to the West Carleton Food Cupboard**

Date: *Sunday Nov. 16, 2014* **Time:** *4:30 — 6:00 PM*

Location: *Carp Memorial Hall 434 Donald B. Munro Dr. Carp, ON K0A 1L0*

Guest Presenter: *Sylvia McGee* **Topic:** *Hormones, Thyroid, Hashimoto's*

Menu: *Vegetarian and non-vegetarian meal, appetizers and dessert*

*** Games and Fun for the kids *** *Meal may contain nuts* ***

Carp Memorial Hall
434 Donald B. Munro Dr.
Carp, ON K0A 1L0

RSVP to:

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