

# SENIORS TELE-CONFERENCE

“It's good to talk, so lets start talking”

Join us for an Audio or Video Tele-conference with guest speaker: Laurie Dunn, Manager of Calgary Yacht Club and President of the Chestermere Food Bank.

We will have a conversation and demonstrate how to cook a healthy and budget conscious meal!



**Thursday, February 25, 2021  
10:30 —11:30 am**

**Participants MUST register.**

Please call 403-804-0817 or email Sharron Matthewman at [smatthewman@chestermere.ca](mailto:smatthewman@chestermere.ca)

**Registration deadline is  
Wednesday, February 24 at 5:00 pm.**



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