



8 Healthy Eating Sharing Sessions

February 5 to March 25, 2020

1:00 – 2:00pm

Location: RHCBC at 136 Hillsvie Drive, Richmond Hill, ON L4C 1T2
Fee: \$10 registration fee (by cash or cheque payable to “RHCBC”)
Language: Cantonese (English translation will be provided if necessary)

- 2/5 Breakfast
 - Invest at the start of a day - 5 minutes Healthy Breakfast
- 2/12 Appetizers
 - Home made appetizers with handy ingredients
- 2/19 Meals
 - Efficient meals without processed meat
- 2/26 Snacks
 - Snacks your way into healthy habits
- 3/4 North American meals
 - Hearty North American meals
- 3/11 Meals II
 - Western vs. Eastern cooking styles
- 3/18 Desserts
 - End with a sweet note - natural vs. artificial sweetness
- 3/25 Snacks II
 - Continue to snack your way into healthy habits

If you are looking for a way to motivate yourself and others to be more health conscious, we encourage you to join us!
 Please return the form with payment to Angela Wong - Email: community@rhcbc.org; Tel. 905-508-8354

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## 12:00-1:00pm: “Praise Dance” session (for free)

**Language: Cantonese (with Mandarin translation if necessary)**

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### Richmond Hill (Chinese) Baptist Church Healthy Eating Sharing Sessions Feb to March 2020

Name of participant: \_\_\_\_\_ Religion: \_\_\_\_\_

Email: \_\_\_\_\_ Tel. (Cell) \_\_\_\_\_

In case of an emergency, contact (Name) \_\_\_\_\_ (Phone #) \_\_\_\_\_

**Permission Form and Consent:**

I voluntarily agree to attend the Healthy Eating and/or praise dance session described above.

I understand that Richmond Hill (Chinese) Baptist Church will make every reasonable effort to contact the Emergency Contact or Parent/Legal Guardian if I /my child requires emergency medical care or treatment. If such contact cannot be established, I hereby authorize the supervising individuals representing Richmond Hill (Chinese) Baptist Church to sign a consent for medical treatment and to authorize any physician or hospital to provide medical assessment, treatment or procedures for me /my child.

I agree to indemnify and hold blameless Richmond Hill (Chinese) Baptist Church, its personnel, its Directors and Board from and against any losses, costs, damages or injury or harm suffered as a result of attending the above session.

I agree that photographs, videos and sound recordings may be taken during the classes and used by Richmond Hill (Chinese) Baptist Church for promotion or other purposes.

I have read, understood and agree with the terms and conditions stated above.

Signature \_\_\_\_\_

Date \_\_\_\_\_