



# SOUP & SOUL

**EAT | SHARE | LEARN**

Come together to express wellness topics like self-care, nutrition and healthy relationships. Every month expect new topics, soups, and fun activities.

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Call 416-645-7575 EXT 2715 to register

Friday November 29, 2019  
Friday January 31, 2020  
Friday February 28, 2020  
Friday March 27, 2020

1541 Jane St,  
North York, ON M9N 2R3  
12:30-2:00 p.m.

WestReach

 **Unison**  
Health & Community Services

