

Please Contact Aimee McIntosh at the Programs Office
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Food Chi : Dairy Free Cheese and Gluten Free Bread Workshop

Using Natural Ingredients, you'll learn how to make your very own natural gluten free bread and dairy free cheese with this hands-on workshop. Designed for people with dairy or gluten intolerance or for those that prefer a dairy and gluten free lifestyle.

Take homes included based on person or couple registered.

January 25th. 12pm-4pm.

Cost: \$80 per person/ \$140 per couple

Food Safe

Learn how to avoid food borne illnesses through food safety techniques in the kitchen and develop a sense of food safety culture. Valid 5 years certificate recognized by VIHA upon successfully passing the final quiz.

Saturday February 15th. 9am-4pm. Cost \$75

Introduction to 3D Printing

This class will introduce you to the amazing world of 3d printing. Specifically, FDM printing (fused deposition modeling) or open source, patent free FFF (fused filament fabrication)

Last Tuesday of the Month: Jan – April. 5-7pm.

Cost: \$20

Standard First Aid and CPR C

This comprehensive 2-day course covers poisoning, plus head, spine, bone and joint injuries. Both First Aid and CPR C including use of AED are covered in this class. Certification valid for 3 years.

*Cost of certificate included

Saturday/Sunday. February 22nd/23rd. 9am-5pm. Cost \$175 plus taxes