



meta centre
META KNEX

Community Based Inclusive Services



CHEF WITH US

COOKING CLASSES



Make delicious meals!

Each week we will celebrate different cultures by preparing local cuisine, with the expert chef of Longos and the support staff of Meta Knex

7 Week Program
Every Thursday on March 21st to May 2nd
11:00am-1:00pm

Located at 1 Rossland Rd E, Ajax, ON L1Z 1Z2
Cost: \$210.00 per 7 week session

To register for a program, please contact: Audrey Daley @ 416-286-3634 ext: 604 or email: adaley@metacentre.ca