



## Wellness Wednesdays: Cooking Dinner With Steffie!

Eating well helps to reduce the risk of physical health problems, from heart disease to high blood pressure to diabetes 2. Eating well can also improve your sleep, increase your energy and improve your overall health. We're always looking for personal or family dinners.



For a delicious and affordable alternative to takeout, join us and cook up "Egg Roll in a Bowl" with Steffie!

Registrants will receive a list of ingredients before the event date.

A data and finance guru by day, Stephanie Cho is always looking for creative ways to get her mind off 'the numbers'. She has a passion for cooking and loves sharing her love of food with others. Join her for some tips, tricks, menu ideas and of course, laughs!

### About us

York Support Services Network offers a range of developmental services and mental health programs throughout York Region and South Simcoe.

[yssn.ca](http://yssn.ca)



### Details

**Date:** June 16, 2021

**Time:** 5:00 p.m. to 6:00 p.m.

**Location:** Virtual (link will be provided after registration)

#### Who should attend?

Parents or caregivers of children or adults with a developmental disability.

**Fee:** FREE!

#### To register or for more information:

Cindy Hartman  
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[Register here](#)