

**ART**  
STARTS

# Healthy Habits 2:

Learn how to prepare  
healthy foods and  
design your own pots



# ART STARTS

AGES 7-10

IN-PERSON PROGRAM

EVERY THURSDAY

OCT 6TH - NOV 10TH  
04:00 PM - 5:30 PM

ART STARTS STUDIO, YORKDALE  
MALL, 3401 DUFFERIN ST.,  
LOWER LEVEL

Healthy Habits volume 2 is a 6 week in-person program designed to engage participants with tools and techniques for a healthy lifestyle. Students will learn about healthy foods and how to prepare nutritious meals while also painting and designing their own pots as well as other amazing activities.

Hosted by  
**Artist Renika Hall**

FOR MORE INFORMATION, CONTACT  
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[ARTSTARTSTO.COM](http://ARTSTARTSTO.COM)

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