



Women@St.Paul's

“Apple Tea”



Saturday, October 22

2-4 p.m.

Fellowship Hall, St.Paul's on-the-Hill

Come for tea, apple desserts,
fun and helpful information!

Speaker: Vilma Laurito, Registered Holistic
Nutritionist

Topic: “Boosting Your Immune System for the Flu
Season”

Cost: \$5

Come and bring a friend or two!!

To book your spot, please register at women@stpaulsonthehill.com
Or phone Joanne at 905-683-3467

P.S. If you are able to make and bring an apple dessert, please email
or call as above. We know there are some great bakers out there!!