



FUELLED AND FIT JULY AT ST. MATTHEW'S HALL 6218 FANSHER STREET, FLORENCE

WED, JULY 8

1:30 TO 2 PM - **Mobile Market Food Truck (and frozen food distribution)**

FRI, JULY 10 (*but watch the Florence Facebook page for updates!*)

9 AM TO 11 AM - **Processing vegetables for soup, etc.**

WED, JULY 15

1:30 TO 2 PM - **Mobile Market Food Truck (and frozen food distribution)**

FRI, JULY 17 (*but watch the Florence Facebook page for updates!*)

9 AM TO 11 AM - **Processing vegetables for soup, etc.**

WED, JULY 22

1:30 TO 2 PM - **Mobile Market Food Truck (and frozen food distribution)**

FRI, JULY 24 (*but watch the Florence Facebook page for updates!*)

9 AM TO 11 AM - **Processing vegetables for soup, etc.**

MON, JULY 27

9:30 AM TO 11:30 AM - **Lambton Paramedics doing wellness checks, then a
Community Lunch at 12 noon**

WED, JULY 29

1:30 TO 2 PM - **Mobile Market Food Truck (and frozen food distribution)**

FRI, JULY 31 (*but watch the Florence Facebook page for updates!*)

9 AM TO 11 AM - **Processing vegetables for soup, etc.**



*All are welcome, and everything is free!
Stop in on any of these days to see what's
going on! Stay for a chat, a coffee, a wellness
check, and/or lunch!*

*Interested in a worship service? Join us at 11
am on Sunday, July 12 or 19.*

We will be visiting other churches on the other July Sundays.

www.stmatthewsflorence.org