



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

WED, AUGUST 5

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

FRI, AUGUST 7 *(but watch the Florence Facebook page for updates!)*

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

WED, AUGUST 12

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

FRI, AUGUST 14 *(but watch the Florence Facebook page for updates!)*

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

WED, AUGUST 19

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

FRI, AUGUST 21 *(but watch the Florence Facebook page for updates!)*

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

MON, AUGUST 24

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

WED, AUGUST 26

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

FRI, AUGUST 28 *(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 Sundays, Aug 2, 9, 23, and 30.*

We will be visiting another church on Aug 16.

www.stmatthewsflorence.org