



Rapids

Family Health Team

Teen Cuisine

FREE Cooking Sessions for Teens Ages 13+

- ◆ Have fun with other teens while learning how to cook
- ◆ Eat the food you make!
- ◆ Learn new cooking skills

Wednesday January 31st

Monday February 26th

Monday March 26th

1150 Pontiac Dr., Sarnia

5:00—7:30 pm



**You MUST pre-register. Class sizes are limited.
To register speak to reception or call 519-339-8949
Or email mostlund@rapidsfhteam.ca**

Hands on cooking sessions led by a Registered Dietitian and are designed to teach basic cooking skills and introduce teens to new foods in a fun and creative atmosphere. They are FREE of charge and participants will enjoy the meal they've prepared together. Following the meal a Registered Social Worker will lead the group in a positive self-esteem workshop.