



Rapids

Family Health Team



Teen Cuisine

FREE Cooking Classes for Teens Ages 13+

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.

September 16th → 4:00 - 6:30 PM

October 16th → 4:00 - 6:30 PM

November 6th → 4:00 - 6:30 PM

December 9th → 4:00 - 6:30 PM

You MUST pre-register. Class sizes are limited.

To register speak to reception or call 519-339-8949

Or email info@rapidsfhteam.ca

Classes held at 460 Christina St. n (Back entrance)

PLEASE NOTE: We are NOT allergen free.