



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

Wed. August 29 @ 10:00 AM

Thurs. September 13 @ 4:30 PM

Mon. October 22 @ 4:30 PM

Mon. November 19 @ 4:30 PM

Mon. December 3 @ 4:30 PM



You MUST pre-register. Class sizes are limited.

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

Or email mostlund@rapidsfhteam.ca

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

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. PLEASE NOTE: We are NOT allergen free.