

# 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

**Monday March 26th**

**&**

**Monday June 18th**

**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](mailto: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.