



11:00-1:00 SATURDAY, OCTOBER 18TH

.....

LEARN ADAPTIVE COOKING
TECHNIQUES AND EASY HEALTHY
MEALS TO CREATE AT HOME
COOK LUNCH WITH INGREDIENTS
FROM THE FARMERS MARKET

.....

**OPEN TO YOUNG ADULTS AGES 13+
ALL ABILITIES WELCOME**

.....

**FOR MORE INFORMATION OR TO
REGISTER PARTICIPANT AND GUEST GO TO
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