



Sign up Today!!!

## COME COOK WITH US

### Eligibility:

- 18+ Individuals with Special Needs
- Registration
- Community welcome

### Course Highlights: Inspired Chef's Cooking Program

- Learn to cook nutritious healthy meals and snacks
- Hands on instructions
- Kitchen Safety
- Implementing Canadian Food Guide

**LOCATION:** 1970 Ellesmere Rd Un. 1 Scarborough, Ontario M1H 2W1

**When:** June 6, 13, 20 & 27      July 4, 11, 18 & 25      Aug. 1, 8, 15, 22 & 29 2019

**FEE:** \$30 PER CLASS

**Time:** 9am – 1pm

**Contact:** Day Program @ 416-289-2223 for more info

[Sunflowerrcs@gmail.com](mailto:Sunflowerrcs@gmail.com)

**Registration Required- All clients attending the cooking program must be accompanied by a caregiver/ worker unless they are fully- independent, which will be determine at registration.**

**Please Note \* On going registration will be the last week of each month**

