



Miles Nadal JCC
The Wagner Green
Centre for
Access & Inclusion



BON APPETIT...

WITH A TWIST!

This series brings together culinary exploration with nutrition, meal planning, and kitchen safety, where participants will have interactive opportunities to select and prepare nutritious and balanced recipes. Throughout the series, young adults with developmental disabilities will learn about nutrition and meal planning, and develop independence in the kitchen. Takeaways will include a recipe book, kitchen safety tips, a meal planning template, and more!

WEEKLY ON TUESDAYS FROM SEPTEMBER 24 - DECEMBER 3, 2024
FROM 6:30 - 8:30 PM



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