

# Cooking with Tina

(age 12+)

Join Collective Kitchen's instructor Tina in the CYCC Kitchen on Friday nights 6-9pm to learn more about cooking. The outcome of this group is for the teens to learn more about the very important life skill, cooking and healthy eating. There will be a cost of \$20 per session for the instructor fee and supplies.

<u>Dates</u>	<u>Menu</u>
October 19	Appetizer Night
November 23	Quesadillas
December 14	Pasta and Garlic Toast



## 10 Benefits of Eating Healthy

1. Improves memory and concentration
2. Improves your immune system
3. Increased energy
4. Beautiful skin
5. Increased productivity
6. More nutrients for the body
7. Handle stress better
8. Better rest and sleep
9. Digestive and cellular health
10. Weight loss



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## Registration Form

Child's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Parents/Guardians: \_\_\_\_\_

Phone #: \_\_\_\_\_ Phone #: \_\_\_\_\_

Email Address: \_\_\_\_\_

Date	Select Days
October 19, 2018	<input type="checkbox"/>
November 23, 2018	<input type="checkbox"/>
December 14, 2018	<input type="checkbox"/>

**Please initial:**

**\*\* \_\_\_ I understand that the program costs are non-negotiable.\*\***

**\*\* \_\_\_ I understand that the program costs will be invoiced at the end of the month.\*\***

**\*\* \_\_\_ I understand that I will be billed for the full length of the program directly without 24 hour cancellation notice.\*\***

Please fax/email/drop off to:  
#3 Spruce Ave Sherwood Park.  
Bailey Wojciechowski, Group Programs Facilitator  
[familysupport@robinhoodassoc.com](mailto:familysupport@robinhoodassoc.com) Fax: 780-640-9404

Office Use only	<b>Current</b>
FSCD Contract	
Forms	
Scanned	
Entered	