

In collaboration with:  
ATN Access Inc.

# Adaptive Cooking Program



**FREE**

## When?

**Mondays**  
**Sept. 9<sup>th</sup> – Oct. 21<sup>st</sup>**  
**1:00 – 3:00pm**

FREE cooking & nutrition classes taught for self-identified disabled adults by our fabulous volunteer Chef at the Best Western Lamplighter Inn



## Our FREE Program will also include:

- ✓ Kitchen Safety
- ✓ Basic Culinary Practice
- ✓ Hands-on food preparation
- ✓ Nutrition and Budgeting Information
- ✓ Socialization
- ✓ Lots of fun!

**Register Now!** – space is limited

Email: [info@adaptivecooking.ca](mailto:info@adaptivecooking.ca)  
Phone: (519) 691-6225

