



RECREATIONAL  
RESPITE

## *Cooking Club* Ages 16+

CookingClub strives to offer a therapeutic recreation approach to the lifeskill of cooking, independently. It is aimed at providing the sense of role and worth through independent choice making in meal planning and preparing, cooking and food safety and self-care skills. To support a healthy active lifestyle. We will offer a variety of clean living cooking styles that include: paleo, vegetarian, gluten and dairy free. It will offer a wide range of recipes and opportunities to explore various ways to eat healthy and make good lifestyle choices. Participants will also learn essential tips regarding nutrition, hydration, various meal choices (breakfast, lunch and dinner), money management and grocery shopping through a variety of peer to peer and independent support and independent goals will be set.

**The Plex, 600 Tomlinson Drive, Port Elgin**

Date: Wednesday(s) September 27, Oct 4, 11, 18, 25, Nov 1, 8, 15

Time: 6:30pm - 7:30pm

Cost: \$250.00 +HST (for all 8 sessions, includes dinner)

Registration and Information: [www.recrespite.com](http://www.recrespite.com) or

[recreative@recrespite.com](mailto:recreative@recrespite.com)