



# COOKING CLASS

Learn to Cook Simple Nutritious Meals

## Course Highlights:

- Goal focused with participant input
- Hands on learning
- Canada's Food Guide
- Food and Kitchen safety

## Eligibility:

- Adults (ages 18+) with an intellectual disability
- Follow up from family, guardian or home support
- Must be a member of Community Living Toronto
  - [Become a member](#)

**Location:** North York Kitchen, 1122 Finch Avenue West, Unit 16

**Dates and Times:** Wednesdays – 4:30 pm to 7:30 pm  
October 23 to December 11, 2019 (8 weeks)

**Fee:** \$85.00 per participant

Payment instructions will be provided after enrollment has been confirmed.

[Apply for class](#) by completing the on-line form.

New Applicants will be contacted to arrange for a pre-course interview.

North York Council is providing a portion of the financing for this program!

**Space is Limited!**  
**New Applicants enrollment will be determined after applicants participate in a pre-course interview.**

For more information

Please contact Wendy Dyke at 647-274-9281

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