

# Young Gourmet



**A Integrated cooking class for ages 13-21**

Healthy cooking classes will be held once a week on Tuesday's from 5:30-7:30 for 12 weeks.

Open to students with and without disabilities in a class.

\$10 per class or 12 classes for \$100.

We accept cash, check or credit card.



## Sessions include:

- Certified teacher & Nutritionist
- Nutritious & delicious dinner
- Get FIT Cookbook

For more information or to register please contact  
Deb O'Chat @ (732)-262-8020 ext. 206

Young Gourmet in Toms River is a collaborative project between the Elks of Toms River, The Family Resource Network, Get FIT and The Center on Nutrition and Disability

