



Presents

Healthy Cooking Basics for Independent Living

A 4 day camp for individuals with developmental disabilities, ages 15+ who would like to learn basic cooking skills so that they can take charge of their own health as they embark on a more independent lifestyle.

Monday - Thursday, 10:00am - 1:00pm
June 12-15 and June 26-29
July 10-13 and July 24-27

\$175.00 per person - includes lunch
(fee is non-refundable once camp starts)

What We Will Do

Enjoy discussions about what "clean eating" is and how to incorporate it into our daily lives.

NOT EAT PROCESSED/FAST FOOD

Discuss how our social life and environment play into our health and well-being.

Learn about basic kitchen tools that can keep cooking safe and easy.

Cook and eat 3 amazing GLUTEN, DAIRY, SOY AND REFINED SUGAR FREE meals .

PREREQUISITES

Classes are limited to a minimum of 3 and maximum of 5 individuals.

All participants must fill out a HEALTH HISTORY QUESTIONNAIRE found at <http://gothrive365.com>

A pre-camp consultation must be completed either in person or by phone.

Instructor:

Maureen Tignor

Integrative Nutrition Health Coach

LOCATION:

**4900 N. Creek Crossing
Flower Mound TX 75022
214-505-0795**

gothrive365@gmail.com



Registration Form

Check one:

June 12-15
 July 10-13

June 26-29
 July 24-27

Name: _____ Age: _____

Address: _____

Phone: _____

Emergency Contact: _____

Please answer the following:

I have submitted a **HEALTH HISTORY QUESTIONNAIRE** Y / N
(form may be found at <http://gothrive365.com>)

I have the following food allergies/sensitivities:

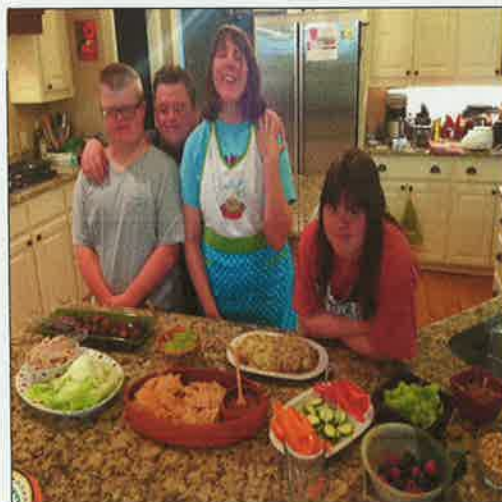
My 2 favorite meals are:

1)



“My daughter had the very BEST time at cooking camp with Maureen! She made great food and enjoyed eating everything that the group made all during the week. Becky made the bacon wrapped stuffed dates and the guacamole again for the family on Father’s Day, and they were a big hit! Thank you, Maureen, for giving Becky the opportunity to enjoy healthy cooking and for it being such a fun time too.” - Marlene Holland

“I had a fun time at Maureen’s healthy cooking class. I want to do that again. I had so much fun seeing Alison and Becky and meeting the best lady. I had a blast” - Kali





Healthy Cooking Basic for Independent Living

Waiver And Release Of Claims & Assumption Of Risk
Hold Harmless And Indemnification

Required for Participants of THRIVE WHOLE LIFE WELLNESS COACHING's Cooking Class

I, _____, acknowledge that participating in THRIVE WHOLE LIFE WELLNESS COACHING's Cooking Class ("the Class") is a voluntary activity that involves risks that are inherent in cooking activities. Risks include, but are not limited to, cuts from knives or other sharp utensils; burns or property damage from contact with hot materials, including hot pots and pans, hot foods, hot water, and hot fats, oils, or grease; allergic reactions to materials and foods in or around a kitchen; and behavior or negligence of other participants in the Class.

I assume these above-listed risks and release THRIVE WHOLE LIFE WELLNESS COACHING and each of its owners and agents from any and all liability for damage, losses, or injury to myself or to my property resulting from my participation in the Class.

I certify that I have read this agreement; understood its terms; understand that it includes waivers, releases, and indemnification provisions; and enter into this agreement knowingly and voluntarily.

Printed Name of Participant

Signature of Participant or Guardian

Date