



Presents

Healthy Cooking Basics for Independent Living

A 3 day camp for individuals with developmental disabilities, in their 20's and 30's 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 - Wednesday, 10:00am - 1:00pm

Sept. 26-28 2016

Oct. 17-19 2016

Nov. 14-16 2016

**\$125.00 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 PROCESSED 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:

September 26-28

October 17-19

November 14-16

Name: _____ Age: _____

Address: _____

Phone: _____

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

