



gather ▽ grow ▽ thrive



**totally
adaptive**
where your way is the right way

YOUR WAY GOURMET ADAPTIVE COOKING

Welcome to our "**Gather, Grow, Thrive**" adapted cooking class! Our pilot program is to be an inclusive and an empowering culinary experience, tailored for individuals of all abilities. Whether you're a seasoned home cook or new to the kitchen, our goal is to help you build confidence and skills that will last a lifetime.

\$25.00

**PER PERSON
(4 SESSIONS INCLUDED)**

FREE

**FOR CURRENT FITNESS MEMBERS
(4 SESSIONS INCLUDED)**

**TOTALLY ADAPTIVE
MEMBER EXCLUSIVE**

DATES

SEPT. 14 - SEPT. 28 - OCT. 12 - OCT. 26

TIME: 1:00PM TO 3:00PM

**LOCATION: ST. MARKS
EPISCOPAL CHURCH**

1 PORTER ROAD, EAST LONGMEADOW

**ANYONE INTERESTED IN JOINING
THIS PILOT PROGRAM, PLEASE
SCAN AND COMPLETE THE
INTEREST FORM LINKED BELOW
BY SEPTEMBER 6th!**

**PARTICIPANTS WILL BE CHOSEN ON A
FIRST COME, FIRST SERVE BASIS
LIMITED SPOTS AVAILABLE**



Funding for
this program
was made
possible by

