



Presents

Healthy Cooking Basics for Independent Living

An 8-week long, weekly cooking class session for individuals with developmental disabilities, ages 18+ 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.

TUITION IS \$200

Mondays: 12:00pm - 2:00pm

Tuesdays: 4:45pm - 6:45pm

Wednesdays: 12:00pm - 2:00pm

Thursdays (2nd/4th): 5:00pm - 7:00pm

Classes are limited to 6 participants. Once a class is full, a wait list will be started for when there are absences.

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.

Eat delicious gluten free meals (mostly dairy free, some vegetarian, no refined sugars)

Follow through with kitchen clean up.

PREREQUISITES

*All participants must fill out the attached registration form and waiver. **Pay in full, in advance via cash, check, zelle (gothrive365@gmail.com) or venmo (@Maureen-Tignor) NO REFUNDS FOR MISSED CLASSES.***

Have basic understanding of kitchen hazards (knives are sharp, stove is hot)

Permission to post photos of class activities and participants on social media.

Maureen Tignor

**Integrative Nutrition Health Coach
Food Matters Institute Certified
Nutrition Coach**

LOCATION:

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

gothrive365@gmail.com

<https://gothrive365.com>



Registration Form

Name: _____ Age: _____

Address: _____

Phone: _____ Email: _____

Emergency Contact: _____

I am registering for the following class:

_____ Mondays 12:00pm - 2:00pm

_____ Tuesdays 4:45pm - 6:45pm

_____ Wednesdays 12:00pm - 2:00pm

_____ Thursdays (2nd & 4th) 5:00pm - 7:00pm

Please answer the following:

I have the following food allergies/sensitivities:

One dish I would like to learn to make on my own is:

Two specific skills I would like to learn are:

1)

2)

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 understand that class tuition must be paid in advance and there are no refunds for missed classes. If The Class has to be cancelled for any reason, there will be an opportunity for a make up 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