

NEW INTERGENERATIONAL WORKSHOP SESSION

The Fairfax Area Agency on Aging's Caregiver & Supportive Services Unit invites you to join its upcoming Intergenerational Workshop Session, which aims to bring families of all ages and generations together.

Sticky Fingers Cooking Class

Friday, July 19 | 12:00 p.m. to 1:00 p.m. EDT | Virtual



In this virtual intergenerational workshop for family caregivers and their family members of all ages, Fairfax County Area Agency on Aging will host a "Cool'inary Curiosity Class," presented by the Director of Online Classes, Chef Jennifer, at Sticky Fingers Cooking. Sticky Fingers Cooking strives to inspire, educate, and celebrate the essential role that real foods, cooking, and nutrition play in promoting health and wellness. Sticky Fingers Cooking provides simple and adaptive cooking skills, as well as nutrition education, which positively impacts youth and their families in our community. A recipe with a shopping list, equipment checklist, food allergy guide, and video collection are included for participating families. We hope to see you in the kitchen!

REGISTER HERE:

<https://bit.ly/StayingWell-123>

- All webinars are free and open to family caregivers, older adults, adults with a disability, professionals, and the community-at-large.
- All webinars will be recorded, and registrants will receive a link to the recording of the live event.
- For questions, contact Ayiguli.Saifuding@fairfaxcounty.gov or call 571-407-6961.

