



Active Lifestyles

Cooking Class Registration

The Arc's Active Lifestyles program is partnering with Mary Wauson to provide a structured cooking class in order to benefit the overall health of those we serve. This class will provide basic cooking knowledge and the ability to prepare and enjoy a healthy, well-balanced meal using recipes. Included will be safety tips and food smart tips so participants can take the knowledge they learn home. Please fill out the information below and return to the address provided, along with the appropriate dollar amount by September 5th, 2019. The upfront fee will be used for purchasing food throughout the sessions and our cost for using the facility. The start date will be September 9. The end date of this cooking class will be December 16th. Each class will be on Monday from 5:15 - 6:45 p.m. at the Ames Middle School FACS room.

Participant Name _____ **Birthdate** _____

In case of emergency please contact -

Name _____ **Phone number** _____

Please list any health concerns that may influence participation:

Any dietary restriction or allergies:

Fee Due by September 5: \$75.00

Classes run from September 9 to December 16th, 5:15 - 6:45 pm. Please enclose the class fee with your registration addressed to The Arc of Story County. The payment of \$75.00 will be due with the enclosed registration by September 5th. If these payments are not able to be made, please contact The Arc to discuss different payment options.

The Arc of Story County
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There will be 14 sessions with a break Thanksgiving week.