

DirectionFive

HEALTH PROGRAMS INSPIRED BY KIDS, FOR KIDS

LEARN ABOUT YOUR BODY, MIND AND THE EARTH
WHILE LEARNING TO COOK YOUR FAVORITE FOODS...

PIZZA! SALADS! ROASTED CHICKEN!
TACOS! SUSHI! ICE CREAM! AND MORE!

- › **FULL PROGRAM DATES:** (must attend all)
June 10 & 24 | 1 – 4 and July 11, 12, 14, 16 & 18 | 10 – 4
No fee to attend, but donations are greatly appreciated.
- › **AGES 12*-18 WELCOME. SPACE IS LIMITED TO 10 KIDS.**
*must have graduated from 6th grade
- › **CHOP'S TEEN CLUB**
509 Adams Street | Santa Rosa, Ca

› **Patty James** is a nutritionist and chef who ran a popular cooking school for years—kids would line up to attend after word got out that classes were fun...and delicious!

› 83% of kids in 35 states told Patty they wanted to learn to cook pizza, and they wanted to learn to cook in order to be healthier.

707.888.1103 | info@directionfive.org

FOR MORE INFORMATION PLEASE VISIT

directionfive.org