



# { KIDS' CULINARY AND NUTRITION PROGRAM }

## D5 KIDS' CULINARY AND NUTRITION PROGRAM

is a new model of health education inspired by kids, for kids. During the program kids learn about the basic foundations of health including the eleven body systems, the body/mind connection, the body/earth connection and the effects of physical fitness. This learning becomes engrained as kids prepare delicious recipes and learn kitchen basics. They have fun while they learn, which is the key component!



## PATTY JAMES, NUTRITIONIST, CHEF & AUTHOR

The program will be taught by Patty James, DirectionFive founder and director

Patty James, Certified Natural Chef with a Master's Degree in Holistic Nutrition, founded and directed the Patty James Cooking School and Nutrition Center – the first certified organic cooking school and nutrition center in the country! Patty is a noted speaker at the Clinton Foundation in Harlem and Co-Chair of the Health and Medicine Committee of the Commonwealth Club in San Francisco. She has participated in TV and radio interviews across America promoting health and co-authored *More Vegetables, Please*.

## JOIN OUR PROGRAM!

- KIDS:** 12–18 years old
- LOCATION:** Chop's Teen Club  
509 Adams Street, Santa Rosa
- DATES:** October 1, 8, 15, 22/November 12, 19  
December 3, 10 (Graduation)
- TIME:** 12:30 - 5:00 p.m.
- COST:** \$495 per participant

**TO REGISTER OR FOR MORE INFO CONTACT:**  
Chop's Teen Club at 707.284-2467



 **DirectionFive**<sup>TM</sup>  
HEALTH PROGRAMS INSPIRED BY KIDS, FOR KIDS

For information about this non-profit organization, tuition information or to make a donation  
707.888.1103 | [info@directionfive.org](mailto:info@directionfive.org) | [directionfive.org](http://directionfive.org)