

We are offering the series at THREE locations.  
**SPACE IS LIMITED!**  
Contact us to reserve your spot as soon as possible.

Sequim:

@ Boys and Girls Club 2-4:30 (Sundays)

July 8 & 15; August 12 & 19; October 14 & 21

@Sequim Community Church 4-6:30 (Mondays)

July 9 & 16; August 20 & 27; October 8 & 15



Port Angeles (Saturdays)

@ North Olympic Skills Center; two time options 10-12:30 or 2-4:30

July 14 & 21; August 4 & 18; October 13 & 20



\*Requires full participation and exit survey

Call or email us:

WSU Extension at 360-417-2279

karlena.brailey@wsu.edu



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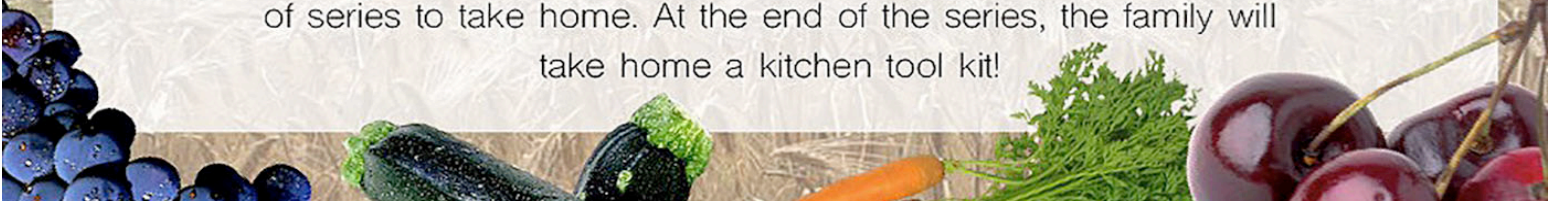
# Cooking with the Seasons!



Join Us in a series of six *free* hands-on cooking classes for children and the adults who care for them. Each Class will include tastings, hands-on kitchen skills, recipes, nutritional information, and goodies to take home. Learn how to use and ENJOY locally grown fresh vegetables and fruit!

Who should Participate: One parent and one child (age 8-11) who is interested in improving their health and learning the art of cooking wholesome nutritious meals!

Participants will receive a free "Good Food Bag" of *fresh produce* during each week of series to take home. At the end of the series, the family will take home a kitchen tool kit!



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