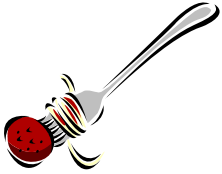




Join INDEPENDENCE NOW, Inc. along with Cooking Matters Staff for:



Cooking Matters!



ESPECIALLY FOR YOUNG ADULTS

6 (six) week Cooking Class for Teens with DisAbilities

Ages 15 to 18

Dates: Thursday July 14th, 2011- 1:00pm- 3:00pm

Thursday July 21st- 1:00pm- 5:00pm

Thursday July 28th- 1:00-3:00pm

Thursday Aug 4th- 1:00pm-5:00pm

Thursday Aug 11th- 1:00pm- 3:00pm

Thursday Aug 18th- 1:00pm- 5:00pm



Participants: You **MUST** be able to commit to at least **5** of the **6** weeks

Location: Church of the Resurrection
3315 Greencastle Road Burtonsville, MD 20866

Cost: **FREE!!!**- ***Space is Limited***

The cooking class runs from 1-3pm and optional activities will be offered from 3-5pm.

*Surprising Mom with
Dinner??*

*Tired of Eating Cereal
and Easy-Mac??*

Hot Date??

*Having Friends
Over??*

Learn to survive AND make EDIBLE meals ON YOUR OWN!



Formerly Operation Frontline®



Reserve Your Spot Today!!

Name: _____

Address: _____

Phone Number: _____

Email: _____

School: _____

Age: _____



FOOD RESTRICTIONS/ALLERGIES: _____

ANY OTHER ACCOMMODATIONS: _____

Emergency Contact Name & Number: _____

Please send this back to:

Kim Wilhelm

c/o: Independence Now, Inc.
12301 Old Columbia Pike Suite 101
Silver Spring, MD 20904

Email: kwilhelm@innow.org

301-277-2839 Fax: 301-625-9777

RSVP DATE: July 8th, 2011
or until spaces are FULL!

