

C.H.O.M.P.S.

Cooking Healthy Options and Meal Preparation Skills

A 6 week program for individuals with disabilities 16+ that will teach participants basic cooking skills, proper nutrition, and diet

Thursdays

November 1 - December 13

4:00-5:30pm

Register By October 18

Space is Limited

704-216-7780

Ellis Park

3541 Old Mocksville Road

Salisbury, NC 28144