



FOOD AND MOOD: A FAMILY COOKING WORKSHOP



ENJOY AN EVENING OF COOKING AND DINING TOGETHER WHILE YOU LEARN MORE ABOUT THE IMPACT OF FOOD ON BEHAVIOR AND HOW YOU FEEL!



Wednesday,
March 5, 2025



6-7:30PM



HK Middle School
Foods Room 451 CT-81,
Killingworth

\$10 for 1 child/1 adult pair
\$8 for each additional person

Register: www.hkyfs.org/event

Sign Up Early: Limited Spots!



Have Fun and Learn Together:

- impact of food on kids' behavior and mental health
- simple steps towards change-motivate together!
- enjoy the meal, family time, and take home family friendly recipes and resources

Your Instructors:

- Jennifer Parkinson: Chef and Owner at Cafe Laurel in Killingworth
- Karen Therrien, Certified Health Coach and Owner HK Health and Fitness