

## **NEWS RELEASE**

**FOR IMMEDIATE RELEASE**

September 7, 2017



**Contact:**

Diana L. Klink  
757.514.4104  
757.359.1845

Tim Kelley  
757.514.4103  
757.871.3039

### **SUFFOLK PARKS & RECREATION OFFERS INCLUSIVE COOKING COURSE "TASTE BUDS"**

SUFFOLK, VA (September 7, 2017) Suffolk's Office on Youth is proud to offer an inclusive cooking course for youth ages 6 to 17. This course will provide individuals, especially those with special needs, the opportunity to work together as a team as they develop independent living skills, social skills, kitchen safety, vocational skills, and advance their cooking techniques all while having FUN in a welcoming and inclusive environment. Taste Buds will give up-and-coming chefs the chance to discover the significance of cooking while building self-confidence and making friends. All classes are a hands-on experience and everyone is involved in the cooking! Participants can look forward to collecting all the recipes made throughout the course and creating their very own mini cookbook to take home!

Taste Buds will meet Monday, September 11<sup>th</sup> thru Thursday September 14<sup>th</sup> at the Planter's Club, 4600 Planters Club Road, from 5:30 p.m. to 7 p.m. Pre-registration is required and space is limited, so make sure you register today. Fee is \$45 per participant and covers the entire 4 cooking classes, ingredients, and supplies. Participants who require 1:1 assistance are welcome with their parent/guardian or own personal aide at no additional cost.

Therapeutic Recreation recognizes play, leisure, and recreation as important components of a person's well-being no matter their needs, illness, or disability. Suffolk Office on Youth is dedicated to serving all individuals of various abilities and offering them the best opportunities to experience recreation while also providing them with a healthy leisure lifestyle.

For more information and how to register, contact Maribel Bracke, CTRS, at 757-514-7264, or via email at [mbracke@suffolkva.us](mailto:mbracke@suffolkva.us).

###