

Family Cooking Classes: A Culinary Adventure!

Dear Seymour College Families,

Embark on an unforgettable culinary journey with Healthy Kids Mitchell's upcoming Family Cooking Classes, starting on Wednesday, March 13th at 3:30 pm in the state-of-the-art Seymour College Food Technology Facilities. This in-person gathering promises to be a joyous experience for families with students attending Seymour College!

What to Expect:

- **Hands-On Experience:** Unleash your inner chef with our expert teacher guiding you through exciting, hands-on cooking sessions.
- **Registration Form:** Complete a quick form before each class.
- **Culinary Skills and Techniques:** Learn valuable skills and techniques to elevate your culinary prowess.

For Seymour College Families with Kids (Aged 9-13):

- **Maximum of Four Members per Family:** Create lasting memories as a family unit, with up to four members per family encouraged to attend.
- **Guardian Presence:** To enhance the family bonding experience, at least one guardian per family is kindly requested to participate.
- **Kids Aged Under 9:** Kids under the age of 9 can't participate in the cooking classes, but alternative supervised activities will be provided.

Event Details:

- **Dates and Time:** Wednesday the 13th, 20th and 27th of March, starting at 3:30 pm
- **Location:** Seymour College Food Technology Facilities
- **Healthy Start:** Doors open at 3:30 pm, with fresh fruit available upon arrival to kickstart your culinary adventure.

Why Attend?

- **Learn and Create:** Discover new recipes and create delicious dishes with your loved ones.
- **Family Bonding:** Strengthen your family bonds while making unforgettable memories.

Mark Your Calendars: Don't miss this extraordinary culinary experience! Mark Wednesday, March 13th on your calendars and join us at Seymour College for a cooking adventure that will leave your taste buds begging for more!

For more details and to register, scan the QR code.

