



# Register Now! Classes forming!

HEALTHY CHOICES  
FOR PEOPLE  
WITH SPECIAL NEEDS

## LET'S LEARN TO EAT BETTER COOKING CLASSES

- Learn to Plan Better Menus
- Learn to Cook for Specific Diets
- Learn to Make Better, Healthier Lunches
- Learn to Make Better, Healthier Dinners
- Learn to Make Healthy Snacks & Desserts
- Small Classes, Hands-On Instruction

Three-session course designed for people with developmental disabilities and their caregivers

### *Sign up Now*

Classes held at the  
Parsippany P.A.L.  
33 Baldwin Road  
Parsippany

THREE 2-HOUR CLASSES, ALL MATERIALS AND FOOD, INCLUDING MEALS AND DESSERTS TO TAKE HOME

**\$105.00 per person**

Special Group Rates Available for  
Group Home Residents and Staff

*Classes tailored to individual needs and skills levels of students. Call for free consultation and help plan curriculum for your group!* ▶▶▶



## The Rose House

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