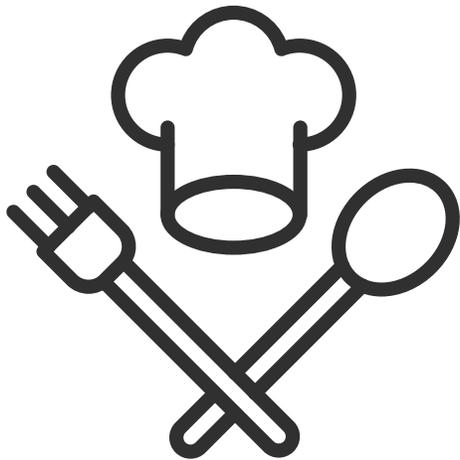


# LifeSkills Academy

## Adaptive Cooking for Adults

Ages 16+ with Special Needs



- Learn basic cooking skills
- Explore kitchen safety
- Hands on learning
- Follow simple recipes

## On the Menu: Fun + Simple Recipes

LifeSkills Academy is all about helping individuals gain independence through real-world skills. Open to special needs adults age 16+ with intellectual or developmental disabilities and their caregivers. Class size is limited. Pre-registration is required. Caregivers must attend.

Tuesday | July 22 | 11am CT

Grayson County Extension Office

64 Quarry Road, Leitchfield

Register online at [grayson.ca.uky.edu/events](http://grayson.ca.uky.edu/events) or call the Extension Office at 270-259-3492

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