

# Adaptive Cooking Workshops

Would you like to be able to cook  
independently?

If so, please take advantage of our free cooking  
lessons for people with disabilities.

Gain hands-on experience in a small group setting to  
learn to plan and prepare food using adaptive  
devices and techniques



Your spot must be reserved in advance.

Please contact:

**Marisol Marure**

Independent Living Skills Instructor

North County

[mmarure@daylemc.org](mailto:mmarure@daylemc.org)

714-621-3300

See back for calendar

# Cooking Workshop Calendar

Workshops take place over the span of seven weeks.  
Wednesdays at 2:30pm - 5:00pm

## January/ February

01/09, 01/16, 01/23, 01/30,  
02/06, 02/13, 02/20,

## May/June

05/01, 05/08, 05/15, 05/22,  
05/29, 06/05, 06/12

## September/October

09/04, 09/11, 09/18, 09/25,  
10/02, 10/09, 10/16

## March/ April

03/06, 03/13, 03/20, 03/27,  
04/03, 04/10, 04/17

## July/August

07/03, 07/10, 07/17, 07/24,  
07/31, 08/07, 08/14

## November/December

11/06, 11/13, 11/20, 11/27,  
12/04, 12/11, 12/18,



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