

Teen Cuisine

Teen Cuisine is an exciting six-week program for teens ages 13-18 where students learn how to eat healthfully, be active in different ways and build personal skills to live well for a lifetime.

Students receive:

Personal meal plan developed with a dietician

- New apps for nutrition and fitness
- Learn to Cook healthy meals
- Eating out strategies
- Successful snacking
- Portion sizes
- Personal fitness plan with a trainer
- Core and strength training
- New ways to be active
- Skills to reduce stress and build confidence.

Teen Cuisine

Tuesdays

October 25- December 6

3:15 p.m. - 5:00 p.m.

**Neshaminy School District
Poquessing Middle School
300 Heights Ln,
Feasterville-Trevose, PA
19053**



REGISTER ONLINE

www.StMaryHealthcare.org/kidshape
www.facebook.com/stmaryhealthcare

OR CONTACT

Joann Dorr, RN, Manager, Families Living Well
215.710.4590 or jdorr@stmaryhealthcare.org



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