

# Cook & Connect for Caregivers

Join us for a FREE hands-on cooking adventure  
Wednesday, July 13 • 5:00 - 7:30 pm



Learn how to create “healthier” comfort food that tempts older appetites:

- “Mac ‘n Cheese” with a Twist
- Super Soup
- Black Bean Brownies

## About Aging Action Initiative

This project is produced by the members of the Aging Action Initiative’s Nutrition Workgroup, funded by the County of Marin, and coordinated by MARINSPACE. For more information, visit [AgingActionInitiative.org](http://AgingActionInitiative.org).

Register at  
[tinyurl.com/cookandconnect](http://tinyurl.com/cookandconnect)  
or call 415 456-9062

**When:** Wednesday, July 13  
5:00 pm - 7:30 pm  
Includes dinner!

**Where:** Whistlestop  
930 Tamalpais, San Rafael

**Cost:** **FREE for caregivers.** Sign up to save your spot!

**Transit:** Free parking at lot on 3rd St. and Tamalpais. Or, by bus to nearby Marin Transit hub.

If you are a person with a disability and require this document in an alternate format (example: Braille, Large Print, Audiotape, CD-ROM), you may request an alternate format document by using the contact information below. If you require an accommodation (example: ASL Interpreter, reader, note taker) to participate in any county program, service or activity, you may request an accommodation by calling (415) 473-4381 (Voice) / (415) 473-3232 (TTY) or by e-mail at: [disabilityaccess@marincounty.org](mailto:disabilityaccess@marincounty.org) not less than four work days in advance of the event.

**A.A.I.**  
Aging Action Initiative

For more information about this event or the Aging Action Initiative please contact [support@agingactioninitiative.org](mailto:support@agingactioninitiative.org)