

# Let's Cook!



Join us as we get back into the kitchen and practice our culinary skills. Guided by Chef Nikki, we will prepare a new menu item each week that will help to encourage healthy eating habits and independence in the kitchen. All items prepared will be gluten-free and representative of items that participants may be able to replicate at home with minimal support. We will end each class by enjoying our finished product together.

**\*\*While all food items will be gluten-free, please indicate any other food allergies during registration\*\***

**Dates:** Thursdays (2/19/26 thru 3/26/26)

**Time:** 5:30pm - 7:00pm

**Location:** St. Luke's Demonstration Kitchen, Desloge Outpatient Center, Bldg A (located inside of the cardiac rehab gym)

**Instructor:** Nikki Carey

**Class Size:** 15

**Cost:** \$25

Nikki Carey began working in restaurants at age 15 and has since cooked in a variety of settings from fine dining to private homes. She began her non-profit organization, One Table STL, with a goal of empowering adults with special needs through cooking, nutrition education, and community.



To register, please use the Sign-Up Genius link that was sent via email. Confirmation of enrollment will be sent via Sign-Up Genius upon registration. Online payment may be made at the time of registration or via check no later than the end of the first week of class. Email [courtney.gehrer@stlukes-stl.com](mailto:courtney.gehrer@stlukes-stl.com) with any questions regarding classes, registration, or to be added to a waitlist for a class.