



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 with any questions regarding classes, registration, or to be added to a waitlist for a class.