

SD NIGHTS

VIRTUAL VIP EVENT

CALLING ALL CHEFS!



5 p.m., Friday, Aug. 28

Zoom Meeting

Max. 20 registrants

(Prerequisite to be completed)

Schedule:

- **Yoga**
- **Health Nutrition**
- **Cooking Class**



Does your teen show an interest in food and cooking? Here's a unique opportunity to help them grow their skills via this registration-required online cooking class. Teens will learn tips and tricks to transform a hobby into a passion – even a rewarding future career! Healthy recipes will be shared, along with nutritional facts to help redirect poor eating habits. This class kicks off with yoga exercises to promote fitness, physical health and focus. All you need is a laptop, an internet connection, and to register to reserve your spot.

SD Nights – short for San Diego/ Safe Destination Nights – is a FREE program developed by the County of San Diego Department of Parks and Recreation designed to provide teens, ages 10 – 18, with safe places to recreate after school, during critical hours.

For more information and to register:
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