

NOVEMBER  
HARMONY FOUNDATION



# RECOVER. COOK. THRIVE.

FORT COLLINS RECOVERY CENTER

NOV



**RECOVER  
COOK  
THRIVE**

**13TH**

Recover. Cook. Thrive.  
COST: \$10  
6-8 PM MT

Certified Executive Chef:  
Christian Damesworth

**REGISTRATION:**  
[harmonyfoundationinc.com/cook](http://harmonyfoundationinc.com/cook)

*During this two-hour hands-on workshop, participants will quickly become proficient in using cooking as a therapeutic self-care tool.*

We'll teach basic knife skills, how to read recipes, and other useful prep techniques for immediate confidence in the kitchen and in life. The class reviews kitchen safety and cleanliness practices for optimal long-term success and culminates in a homemade recipe, produced and enjoyed together, creating community and instant healthy self-gratification. It includes a take-home 'cheat sheet' of simple recipes and class teaching points for ease of reference and ability to re-create concepts at home. You'll also receive the instructor's contact info for continued support.

## **ABOUT THE INSTRUCTOR**

*A Denver-local, Christian Damesworth started his rich culinary career in 1999 at a world-renowned conference center for leadership training. It was there he fell in love with the art of cooking and subsequently attended the Art Institute of Colorado for his culinary degree. Combining his expert culinary background with his personal recovery journey, Christian's mission is to use cooking to empower individuals in sobriety to not only survive, but to thrive.*

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## **FORT COLLINS RECOVERY CENTER**

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