



## **“Cooking” Workshop**

You will have the opportunity to learn about herbs and spices, cutting, mixing ingredients, kitchen safety and cooking your own lunch.

**Special Guest: Chef Nadine Murtha**

**Saturday, March 3, 2012**

**12:00 - 3:00pm**

**Location: YMCA Camp Ockanickon Dining Hall**

**1303 Stokes Road**

**Medford, NJ 08055**

**REGISTRATION IS REQUIRED**

**Children ages 10 -18**

**Please call Debbie Nichols, 856-629-9223**

*Seating is limited*

**Touching all SENSES**  
**Touch ♦ Smell ♦ Sound ♦ Taste**

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**THE LITTLE ROCK  
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