

# Teen and Young Adult Program

Thursday, February 11

6:00PM

Virtual

For ages 13-22

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Cooking Demo and Interactive Session

Cook a low ingredient, simple recipe with Chef Mike Hargett while also having a discussion. Mike will be talking about transitioning to be more independent and how cooking skills are helpful and necessary as you go out on your own. As someone with hemophilia, Mike will be sharing his own journey to becoming independent.

Register here: [www.hemophiliasupport.org](http://www.hemophiliasupport.org)

A gift card for dinner will be provided.

