

TEACHING KITCHEN RESEARCH STUDY

Want to learn to eat, cook, move, and think more healthfully?

Tired of feeling “stuck” with your current diet and exercise routine?

Not sure how to get “unstuck”?



Participate in a **FREE 12-month cooking class** for people with obesity!
Dartmouth, NH - Houston, TX - Irvine, CA - Los Angeles, CA

THIS TEACHING KITCHEN PROGRAM WILL INCLUDE TRAINING IN:

- nutrition
- cooking
- movement and exercise
- mindfulness
- health coaching

WHO CAN PARTICIPATE?

- 25 to 70 years of age
- obesity (BMI 30-39)
- at least 1 abnormal lab

PARTICIPANTS WILL RECEIVE:

- up to \$200 worth of incentives
- Free cooking classes and groceries

VISIT WWW.TKTRIAL.ORG FOR MORE INFO
CALL 310-206-8292



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