

Meijer teams up with The Bridge Teen Center to host fun and healthy cooking class

STAFF REPORT

Thanks to The Bridge Teen Center, located at 15555 S. 71st Court in Orland Park, teenagers in the area have a fun and safe place to go after school. While many teens are left unsupervised in the three to four hours proceeding from the final school bell, those ages 13-18 in seventh through 12th grade, are encouraged to participate in the Center's free programs where they can hang out with

friends, do homework, work with a tutor, or participate in one of the center's many free holistic programs.

"We've created programs here in Orland Park that young people really look forward to each week," Founder and Executive Director Priscilla Steinmetz said. "We have everything from fitness programs to hands-on hobby workshops to culinary classes. We also offer support to par-

ents of teenagers – all at no charge."

The Center first opened in June 2010 and is currently expanding their current space to provide additional space for free music lessons, live music, a recording studio, and weekly fitness classes.

As part of The Bridge Teen Center's "Mind and Body" programming, from 4:30-6 p.m. Thursday, May 12, Meijer Healthy Living Advisor Maribel Alchin will be visiting the Center to host a free cooking class for the teens. Alchin and a group of teens will be preparing a healthy stir-fry from scratch. Alchin will provide the teens with the skills nec-

essary in the kitchen, as well as the education of learning how to cook healthier using the NuVal system implemented at Meijer.

"This is the third time Maribel has worked with us at the Bridge Teen Center, and we're delighted to have her back," Steinmetz said.

During the summer of 2010, Alchin took several teens on a field trip to the Orland Park Meijer store, located just down the street from the Center at 15701 71st Court, and gave them a tour of the store and introduced them to the NuVal system. Alchin also hosted a cooking class where the students learned how to make lasagna in March.



Meijer Healthy Living Advisor Maribel Alchin (right) works with teens attending her March cooking class at The Bridge Teen Center in Orland Park. Alchin will teach another cooking class at the teen center Thursday, May 12. PHOTO SUBMITTED

For more information call (708) 532-0500 or visit about the cooking class www.thebridgeteencenter.org or programs at the Center, [org](http://www.thebridgeteencenter.org).

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