

Kinetic Kitchen

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Better health begins with eating right. The Kinetic Kitchen is designed with you in mind. It brings the healthy eating and lifestyle pioneered by Kinetic to your home. Kinetic is a locally-based gourmet food truck for health-conscious people. Learn amazing recipes and why they matter from the experts at Kinetic Kitchen. If you have any dietary restrictions and food allergies, please contact Carla Doty at the time of registration: cdoty@dublin.oh.us or 614.410.4571.



Kinetic Kitchen Course Information

- **Class:** 144350.01
 - **Dates:** Tuesday, January 27, 2015
 - **Time:** 6:30 – 8:30 pm
 - **Location:** Kitchen, Dublin Community Recreation Center
 - **Price:** \$25 for City Residents, \$35 for School District Residents and Non-Residents
 - **To Register:** <http://dublinohiousa.gov/recreation-services/online-registration/> or call 614.410.4550
- **Class:** 144350.02
 - **Dates:** Tuesday, February 24, 2015
 - **Time:** 6:30 – 8:30 pm
 - **Location:** Kitchen, Dublin Community Recreation Center
 - **Price:** \$25 for City Residents, \$35 for School District Residents and Non-Residents
 - **To Register:** <http://dublinohiousa.gov/recreation-services/online-registration/> or call 614.410.4550
- **Class:** 144350.03
 - **Dates:** Tuesday, March 31, 2015
 - **Time:** 6:30 – 8:30 pm
 - **Location:** Kitchen, Dublin Community Recreation Center
 - **Price:** \$25 for City Residents, \$35 for School District Residents and Non-Residents
 - **To Register:** <http://dublinohiousa.gov/recreation-services/online-registration/> or call 614.410.4550
- **Class:** 244350.01
 - **Dates:** Tuesday, April 28, 2015
 - **Time:** 6:30 – 8:30 pm
 - **Location:** Kitchen, Dublin Community Recreation Center
 - **Price:** \$25 for City Residents, \$35 for School District Residents and Non-Residents
 - **To Register:** <http://dublinohiousa.gov/recreation-services/online-registration/> or call 614.410.4550



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About Kinetic Kitchen Instructors Andy O'Brien and Andrew Tuchow



University where he studied neuroscience and psychology. His passion for people and naturally friendly demeanor are reflected in his ability to manage, coordinate and lead others towards positive outcomes. While Andrew strongly considered a career in medicine, he discovered that healthy eating is a powerful *preventative* medicine that is being grossly underutilized. With his background in the hard sciences and his innate knowledge of behavior, Andrew applies these skills towards the growth of Kinetic.

Andy O'Brien (above right, below left) is cofounder and Team Captain for Kinetic from Dublin, OH. He is a recent graduate of The Ohio State University where he studied food science and business. He has always dreamed of owning his own restaurant and his impressive work history reflects this. Andy has worked at Heritage Golf Club as a cook for the 5 years leading up to this venture, at Wendy's headquarters in their Sensory Lab, and more recently had a brief stint as a cook on a locally-famous food truck, Mojo Tago. Andy is not only passionate about food, but also philanthropy. Pelotonia is specifically close to Andy's heart, where he has completed the 180 miles ride on multiple occasions while raising over \$8,000 for cancer research. As a result of this connection, Kinetic continues to donate to Pelotonia and the goal to end cancer.

Andrew Tuchow (above left, below right) is cofounder and Team Coordinator for Kinetic from Hilliard, OH. He is a recent graduate of Ohio Wesleyan

