

# What's on the Menu for future Cooking Classes 2008

Pre registration is required on all classes / regularly priced at \$35 per class

## For Class Registration Call 722-5050

Special pricing for early registration offer valid today only

**10% OFF** Pre register today for the next class and receive a 10 % discount  
\$3.50 savings per class                      total price per class \$31.70

**15% OFF** Pre register today for more than 1 class (any combo) and receive 15% discount  
\$5.25 savings per class                      total price per class \$29.75

**20% OFF** Pre register today for them all and receive 20% discount  
\$7.00 savings per class                      total price per class \$28.00  
7 classes / \$49 total savings                      regular \$245 / \$196 after discount

### Dates of classes

### Main Focus

Saturday March 29 11am-1pm	Breakfast & baking with whole grains
Saturday May 3 <sup>rd</sup> 11am-1pm	Lunch & Sensational Salads made easy
Saturday June 28 11am-1pm	Healing Diet-recipes to cleanse and repair your body
Saturday July 19 11am-1pm	Lets BBQ Marinades and summer veggies
Saturday Sept 13 11am-1pm	Back to School Snacks & feeding the Family
Saturday Oct 18 11am-1pm	Slow cooking and healthier choices for Desserts
Saturday Nov 15 11am-1pm	Holiday cooking, healthy replacements for family favorite and fresh new ideas

**Seating is limited and the classes do fill up quickly!**

All pre paid and registered classes are non refundable however fully transferable.