



HEALTH RESTORING FOODS



PRESENTS

HOLIDAY EXTRAVAGANZA VEGETARIAN COOKING CLASS

WHEN: Sunday, December 6, 2009

TIME: 3:00 – 5:00 P.M.

WHERE: Lifestyle Center at
Augusta First SDA Church
4301 Wheeler Road
Augusta, GA 30907
(The building behind the church)

COST: \$10.00

**THIS WILL BE A GREAT VEGETARIAN COOKING CLASS WITH HOLIDAY RECIPES THAT ARE NOT ONLY healthy, quick and easy TO PREPARE, BUT TASTE SOOOOOOOOOOOOOO GOOD.
LEARN HOW TO PREPARE WONDERFUL FULL COURSE MEALS AND EXCELLENT HEALTHY HOLIDAY DESSERTS!
ALL, WHILE S-T-R-E-T-C-H-I-N-G YOUR FOOD \$\$\$\$\$\$!**

There will be:

- DOOR PRIZES
Lifestyle
- HANDOUTS
- NEW & EXCITING RECIPES
- SAMPLES OF FOOD DEMONSTRATED

Presentation on Nutrition
& Healthy

**TO PRE-REGISTER, OR FOR MORE INFORMATION CALL:
706-364-2884**

To guarantee a seat you can pre-register and pay at the store,
4490 Washington Rd., Ste. #13, Evans, GA.

Payment can be made at door, however you will need to pre-register as space is limited.