



HEALTH RESTORING FOODS



PRESENTS

TASTE OF SPRING VEGETARIAN COOKING CLASS

When: Sunday, May 17, 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: \$7.00 donation

*This will be a great Vegetarian Cooking class with recipes that are not only **healthy, quick and easy** to prepare, but taste soooooooooooooo good.*

*Learn how to prepare a full course meal,
From homemade veggie steaks to excellent desserts!*

While s-t-r-e-t-c-h-i-n-g your food \$\$\$\$\$\$!

There will be:

- *Door Prizes*
- *Handouts*
- *Recipes*
- *Food Samples*

Presentation on Nutrition

&

Healthy Lifestyle

To Pre-Register, or for more information call:

706-364-2884

You can pre-register and pay at the store. Payments can also be made at the door, however you will need to pre-register as space is limited.

4490 Washington Rd., Ste. #13, Evans, GA.