



Health Restoring Foods

Presents:

“Taste of Spring Vegetarian Cooking Class”

Learn how to prepare healthy, quick and easy recipes of desserts, homemade bread, Verna's vegan BBQ ribs, and even a vegan pound cake (oh yes)! All of the recipes are budget-friendly for families S-T-R-E-C-T-H-I-N-G their meal dollars...

CLASS INCLUDES:

Door Prizes / Take-home Recipes & Handouts
Free Food Sampling / Nutrition Presentation

WHEN:

June 13th (Sunday), 2010 / 3:00-5:00pm

WHERE:

Lifestyle Center (behind church)
Augusta First SDA Church
4301 Wheeler Road
Augusta, GA 30907

COST:

\$10.00 (PRE-REGISTRATION & PRE-PAYMENT REQUIRED. HOWEVER, IF YOU ARE NOT ABLE TO COME TO THE STORE, JUST CALL TO PRE-REGISTER AND PAY AT THE DOOR.)

706.364.2884 / 4490 Washington Rd., Ste 13 Evans, GA 30809

(FREE to children 12 and under)

Picture of our previous class

