

The Wellness Forum

Cooking Class

Healthy Cooking Made Simple



**Let food be thy medicine
and medicine be thy food.**

Prevent and reverse disease
with good nutrition.

\$20 PER CLASS

\$15 FOR WELLNESS FORUM MEMBERS

*Make healthy eating a
priority in your family.*

2012 CLASS SCHEDULE

6-8 pm

JANUARY 26th

COOKING FOR WEIGHT LOSS

Who said losing weight can't taste great?

FEBRUARY 28th

LOVE YOUR VEGGIES

Delicious veggie dishes you can fall in

love with!

MARCH 27th

GREAT GRAINS

So much more than just rice!

APRIL 24th

OIL FREE COOKING

Learn to bake without oil, water sauté,

and much more...

Registration:

Location:

Contact Mandy at 785-248-1769

620 Maple

or nutritionisprevention@live.com

Wellsville, KS 66092