

# Healthy Options Cooking Class

Plant Based Options

Featuring:

Breakfast Foods

Asian Fusion

Italian Cuisine

Mexican Cuisine

Holiday Meals

Desserts

Quick Meals

- Healthful ways to make favorite foods without animal products.
- Recipes to help you lose weight.
- Cooking tips for Diabetes.



\$30 for all 6 Classes

Sundays ~ September 23 to October 28

6:00 pm

Seventh-day Adventist Church  
120 Chilvers Road, Chehalis