



New Year, New YOU

Introducing Chef Gretchen Hanson's Healthy Habits & Wellness Class

Join us for a 2 hour interactive cooking class with dinner & conversation

We will provide basic cooking skills to change your eating habits to include more plant based food choices, introduce you to new friends that support your healthy lifestyle, and let you taste fabulous & nourishing food!

Day: Every Thursday (Feb. 18 – April 29)

Time: 6:30 PM

Fee: \$20 materials fee per class

**drop ins welcome – each class will “stand alone”

Each evening will be PACKED with nutritional information, camaraderie, support and GREAT FOOD!