

HEALTHY COOKING CLASS

Mediterranean Dinner Party *and* Luncheon – *in one class.*



We have all heard how good a Mediterranean Based Diet is.

We all love to meet with friends over food.

Come join in some fun learning about why and how we should be eating this way.

Learn to make (*and taste*) delicious dishes that can be prepared before the guests arrive and adapted to make a new menu for lunch the next day!

**HERITAGE HOUSE,
BANGALOW**

Sunday June 22nd

2pm – 4.30pm

\$85



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