

FOOD LOVERS - Healthy Habits

Culinary Demo



Simple Swaps for a

fresh
start

This class is the perfect solution to your new year's resolution! To get your body in shape, your plate size and cooking style really matter.

Learn to make nutritious and delicious decisions and create satisfying meals using visual cues and a fear-no-food attitude. Join Cindy to learn how to mix and match ingredients, make simple swaps to enhance the nutritional value and create some fun and fast recipes that your family will love. Menu includes comfort food and one skillet meals.

Thursday, January 22 | 6 - 8 p.m.

\$20/Members | \$30/Non-Members

Reservations are required

For more information, call 214.293.5306 or 214.383.1000
or email ckleckner@coopercraigranch.com