

# VEGAN COOKING CLASSES



*You are welcome to join us  
in learning how to  
prepare a simple  
yet nutritious  
and healthy  
vegan  
food.*

*Sampling and  
dinner following after.*



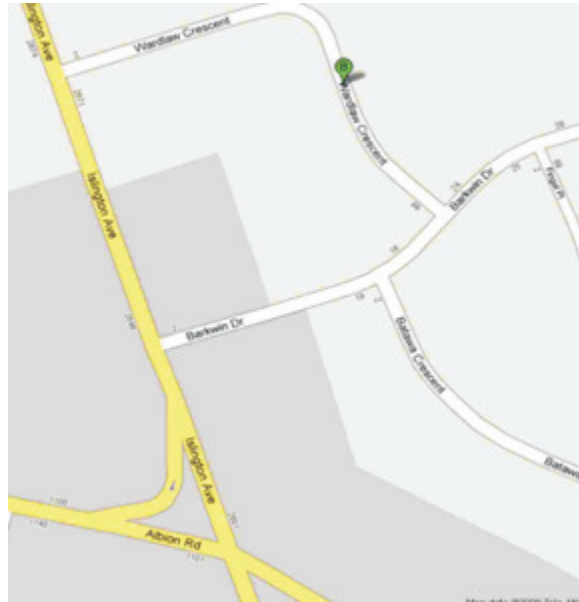
**FEBRUARY 1, 2009 AT: 1:45 PM**

**LOCATION:  
24 WARDLAW CRES.  
ETOBICOKE, ON**  
*see map on back*

*Following our popular Cooking Classes in Bolton  
we are continuing in a new location.*

*Location: Seventh Day Adventist Reform Church  
**24 Wardlaw Crescent, Etobicoke***

*Please use the backdoor.*



*Closest major intersection Albion & Islington*

Our cooking classes will provide you the knowledge  
of how to quickly prepare tasty and healthy meals.

**The cost is only \$10, Cash at the Door  
Free for Children**

**Please RSVP**

[hans.oconnor@gmail.com](mailto:hans.oconnor@gmail.com) or 416-571-8529

*Please contact us even if you not able  
to join us on February 1, 2009.  
By being on our mailing list we will  
let you know about our following  
cooking classes and health presentations.*