

You are invited to attend:



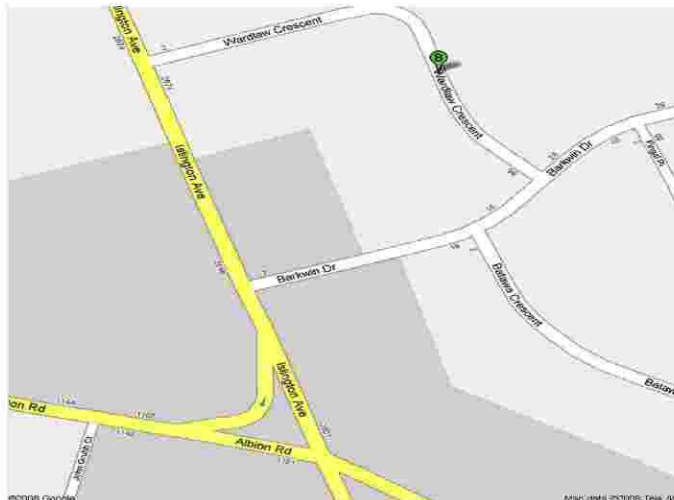
Vegan Cooking Class

Healthy & Nutritious Breakfast made easy
that will actually decrease cholesterol level!

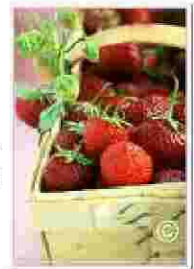
May 3, 2009 at 11 AM

with free brunch served afterwards

Location: Seventh Day Adventist
Reform Church
24 Wardlaw Crescent, Etobicoke
Please use the backdoor.



Closest major intersection Albion & Islington



Our cooking class will provide you the knowledge of how to quickly prepare tasty and healthy meals, without any animal products.

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

For planning and preparing purposes
please RSVP to:
mpoznic@yahoo.ca
Or call Melita
Tel. 416-571-0194