

VEGAN COOKING CLASS



*You welcome to join us
in learning how to
prepare a simple
yet nutritious
and healthy
vegan
food
with dinner
after the presentation*



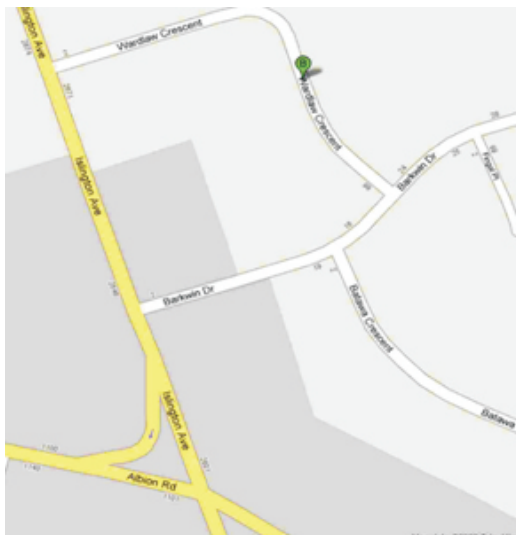
NOVEMBER 9, 2008 AT 2 PM

**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 make reservation at:

hans.oconnor@gmail.com or 416-571-8529

*You may call even if you are not
able to be present on November 9, 2008.
By being on our mailing list we will
let you know about our following
cooking classes and health presentations.*