



You are invited to attend:



Vegan Cooking Class With Dinner Following After

October 19, 2008 at 2 PM

Location:

24 Wardlaw Cres., Etobicoke, ON

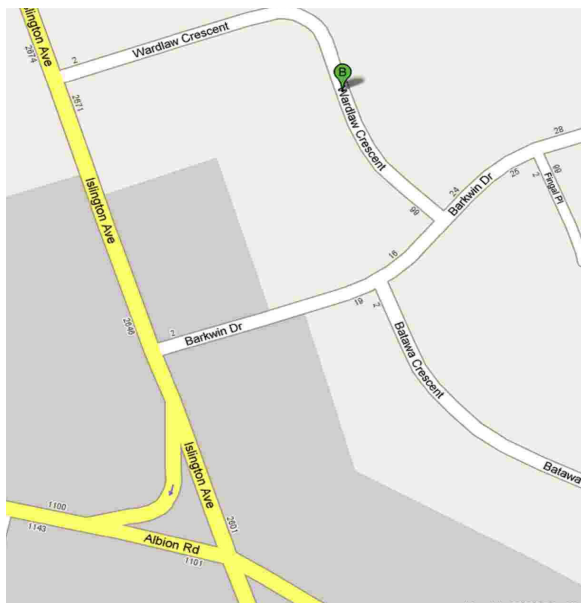
*Don't miss the opportunity to learn how to live
healthier, longer, and appear younger by
adopting a vegan diet.*

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

*Our next class will be held on **October 19, 2008 at 2PM***

*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 or 416-571-8529



*We are planning to conduct monthly
Sunday afternoon cooking classes.*