



# LIVING WELL PRESENTS FREE ETHNIC CUISINE COOKING CLASS SERIES

Learn how to make delicious plant-based food with an ethnic twist!

Starting

April 28, 2019

Time: 4-6PM

- Six free classes
- A family program
- Simple plant-based nutrition
- Experienced demonstrators
- Taste some delicious food samples and much more
- Asian, Caribbean, South American, European-American Cuisine

# Living Well

## Ethnic Cooking Class Schedule:

- April 28-Asian
- May 26-European-American
- June 30-Caribbean-Indian
- July 28-Japanese-American
- August 25-Colombian
- September 29-Caribbean-Cuban

- ! Please **R.S.V.P.** for each cooking class
- by the Wednesday before the event.

## CONTACT US

Email: [amicussda@gmail.com](mailto:amicussda@gmail.com)

Phone: (540) 661-0166

Address: 3980 Jacks Shop Rd. Rochelle, VA 22738

