



250 Calorie Meal Cooking Class

Learn How To Cook Low Calorie Meals Without Sacrificing Taste

Date: Wednesday January 28, 2009

Time: 6:00pm-9:00pm

Location: The Kitchen

Santa Monica First Presbyterian Church

1220 2nd St.

Santa Monica, CA 90401

(Parking located in garage across the street)

Contact: Andrea Turnoff

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\$45/Class, Includes Five 250 Calorie Meals
Which We Will Create & Eat Together