



City of Saratoga Recreation Dept

408-868-1249

Spa Dining™

408.957.0661

www.SpaDining.com



DIABETES FRIENDLY COOKING CLASS

Practical skills in meal preparation for diabetics & pre-diabetics. How to stock a diabetic-friendly pantry and refrigerator. Learn efficient cooking techniques & ingredient substitution, with emphasis on how to make one creative preparation stretch across several meals. In each class, we will cook and enjoy a 3- or 4-course menu that will not leave you hungry.

INSTRUCTOR

Cecilia Lam, Founder, *Spa Dining*™

Cecilia has dedicated two decades of her life toward creating a better dining experience for persons with dietary goals in diabetes control and health management. She holds degrees in Food Science and Nutrition as well as in Food Technology. Check out www.SpaDining.com

FEE

\$45.00 for each class

(by prior arrangement, you may bring one family member or caregiver at no additional charge)

DATE & TIME

Mar. 3, 2010. Time: 6:00 – 8:30 p.m.

Meal Planning Sampler

- ❖ **Smoked Salmon Spread** ❖
- ❖ **French Lentil Soup** ❖
- ❖ **Grilled Chicken with Pesto** ❖
- ❖ **Pasta Primavera** ❖

LOCATION

Warner Hutton House
In the Saratoga City Hall Complex
13777A Fruitvale Avenue
Saratoga, CA 95070-5151

City of Saratoga Registration Form

City of Saratoga Recreation Department - Joan Pisani Community Center
19655 Allendale Ave., Saratoga, CA 95070 408.868.1249 Fax: 408.868.1279

Last Name: _____ First Name: _____ Home Ph. _____

Email: _____ Cell or Work Phone: _____

Address: _____ City & Zip: _____

Participant's Name	Birthday	Sex	Class Code	Class Title	Fee
			21205	Diabetes Friendly Cooking	

Release of Liability:

I, the undersigned, do agree to release and hold harmless the City of Saratoga and it's officers, employees and volunteers from any claim, demand or cause of action for injury to the above named participant(s) or damage to his/her personal property which arises out of or is in any way connected with the Saratoga Recreation Department programs and any travel in connection with such programs. The City of Saratoga will not be responsible in case of accident, illness or property damage. I understand NO refunds will be given for camps or trips.

Please make checks payable to: **Total:** _____
"The City of Saratoga" unless otherwise indicated.

or use either VISA MC

Card # _____

Expiration Date _____

Signature _____

Signed _____ Date _____