



LGS RECREATION

HEALTHY COOKING CLASS

Cooking with Super Foods

Discover Super Foods & their benefits.
Understand the science and find ways to incorporate them into your daily cooking



Focus on a specific group of Super Foods each week
Explore creative ways to use asparagus, broccoli, cauliflower, green leafy vegetables, berries, beans, whole grains, nuts and seeds, citrus fruits,

Class Fee: \$129. for 3 sessions**

Sign Up >> 3352.011 Includes all materials

Dates: Mondays Mar. 8, 2010
Mar. 15, 2010
Mar. 22, 2010

Time: 6:30 — 9:30 p.m.

Location: Los Gatos High School
Main Street, Los Gatos
Kitchen # 100
(Refer to Map below)

** You can also sign up for single class sessions for \$48. each.

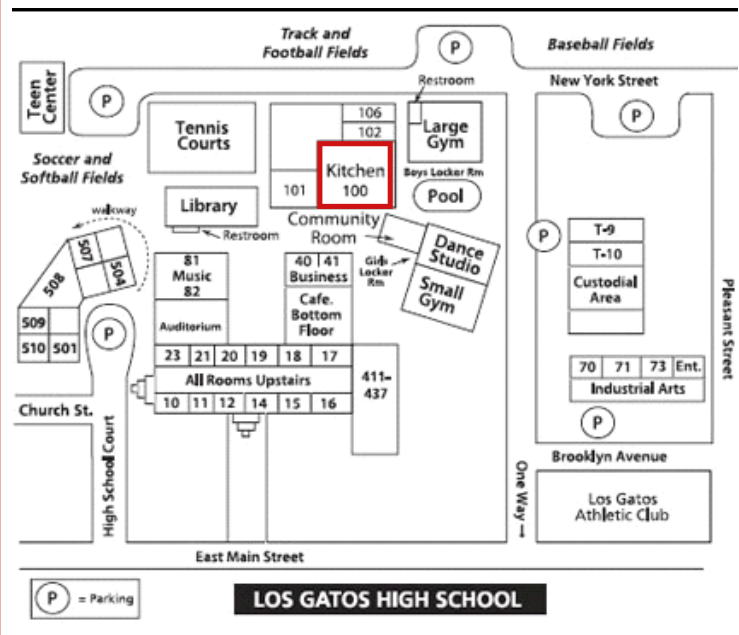
Contact *Spa Dining* at 408-957-0661 or click >> www.SpaDining.com

Cecilia Lam has dedicated most of her life toward creating a better dining experience for persons seeking a healthy lifestyle.

With degrees in Food Science and Nutrition as well as in Food Technology, Cecilia combines a passion for cooking and fine dining with more than 20 years of professional

experience in the food and health sciences industry. As a type 2 diabetic herself, she has experienced first-hand the lifestyle changes necessary for long-term management of her condition, at the same time striving to minimize their impact on the quality of everyday life.

Cecilia is widely traveled, has lived on 3 continents, and indulges a passion for fine dining across diverse cultures.



Los Gatos-Saratoga Community
Education and Recreation
123 East Main Street
Los Gatos, CA 95030
408.354.8700 www.lgsrecreation.org



Spa Dining™

Eat well, Eat right

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