

“Gather at the Table” Cooking Class

Friday, March 29th, 6:30—8:00 pm

Lord of Life Lutheran Church

Food nourishes the body and soul. When cooking is homemade, it is prepared with love. Preparing a meal as a family gets everyone involved, an opportunity to “unplug” and spend quality time together. It promotes a healthier lifestyle, teaching children about nutrition and good food choices.

Join Monica Gobba, Certified Integrative Nutrition Health Coach and owner of Live in Balance Consulting, for 90 minutes of fun with food. She shares family friendly recipes packed with nutrition, kids love to eat, and saves parents time in the kitchen. Everyone is doing a happy dance. Eat healthier and live happier.

Grab your apron and let’s get cookin’!

Space is limited to 16 people (parent/child or grandparent/child).

Sign up today for this **FREE** event.

If you need more information, please email chedblad99@yahoo.com

