



MEDITERRANEAN COOKING CLASS

Tuesday June 8th, 2010 @ 6:00pm – 8:30pm

400 Patroon Creek Blvd, Ste 100

Kitchen & Waiting Room

Heart Healthy cooking emphasizing Omega 3-fatty acids and Mediterranean Cuisine



- Taught by **Chef James Rhoads III, CEC, AAC**. Chef Rhoads is a graduate of the Culinary Institute of America and a certified executive Chef.
- Anyone is welcome to come & enjoy a refreshing culinary experience.

Registration is necessary to participate in the class.

Walk-Ins are not permitted

- **You must call or email ahead of time to guarantee your seat.**
- Pre-payment is encouraged, at the cost of \$20 per person, which may be paid by cash, check or charge (by phone) through Friday 6/4 until 5pm.
 - Payments received after 6/4 will be \$25 per person.
- The registration fee includes the cost per seat, a detailed and individual outline of all featured recipes and shopping list, with step-by-step instruction for preparation.

Please call the office of Dr. Lemanski to register & pay and ask for Megan.

Or you may reply to me by email
megan.theilemann@primecarepc.com

You can reach us by phone Monday-Friday 8:00a-4:00p.