

# HEALTHY COMFORT FOODS

## SUNDAY, FEBRUARY 19, 2012

4-6PM

CHETOLA RESORT, EMBERS ROOM

Discover the joys of  
**WHOLE FOOD, PLANT-BASED COOKING**  
and cook delicious, healthy meals in a fun atmosphere.

**Eat Well! Cook Healthy! Live Happy!**



Facilitated by Catherine Scantlin and Caroline Stahlschmidt  
Sponsored by Chetola Resort and Spa ♦ Food sponsored by Bare Essentials Natural Market

**\$50 Fee Includes:**

Interactive cooking demonstration ♦ Recipe Tastings  
Printed take-home recipes ♦ One yoga/fitness class at Chetola Resort  
10% coupon off spa products at The Spa at Chetola Resort

*Non-refundable payment required to confirm registration. Register by 2/16/12. Class size is limited.*

To register, contact [catherine@chetola.com](mailto:catherine@chetola.com) or call 828.260.0512.



Chetola Resort, 500 N. Main St., Blowing Rock, NC

