

QUICK AND EASY MEALS

SUNDAY, MARCH 18, 2012

4-6PM

CHETOLA RESORT, EVERGREEN 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 Earth Fare

\$50 for Early Bird Registration; registration after 3/16 is \$65

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 or call 828.260.0512.



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

