



Are you ready
for a
plant-based diet
but wondering
What can I eat?
How do I cook that?

We have just the thing for you...
A PLANT-BASED COOKING CLASS

“Resolution: Whole Foods”

Sunday, January 15, 2012

4-6pm at Chetola Resort in the Embers Room

\$50 per person

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

Registration Fee Includes:

- ◆ Hands-on cooking demonstration
 - ◆ Large samples of all recipes
 - ◆ Printed recipes to take home
- ◆ One free yoga or fitness class at Chetola Resort
- ◆ 10% coupon for spa products at The Spa at Chetola Resort

Non-refundable payment required to confirm registration. Register by 1/13/12. Class size is limited.

To register, contact catherine@chetola.com or call 828.260.0512.