

PLEASE JOIN

**Certified Trainer, KRISTI MULDER
Chef LIN LEAHY, and GINA MOSS, RD
FOR DINNER, NUTRITION LECTURE, AND TOUR**

ON
TUESDAY, September 26, 2006
6:00 -8:00 PM

AT



MENU:

blackened SALMON (cooking demo)
GARLICY GREENS WITH PARSIPS AND WHITE WINE,
WHOLE BAKED SQUASH,
SIDE SALAD W/ CRANBERRIES AND WALNUTS,
ARTISAN MULITGRAIN BREAD

Nutrition lecture:
“Superfoods to Eat and Cook in the REAL World”

COST \$15

Email: gmooss28@cox.net to sign up