

Making Meals

the Mediterranean Way



4-Week Whole Kitchen Series with Healthy Eating Coach Mary Collette Rogers

- How to make the Mediterranean Diet a daily habit
- Hands-on cooking classes with new, healthy, Mediterranean-style recipes
- Light dinner to eat and enjoy
- Planning strategies for eating success
- Vegetable comfort and delight
- Breakthrough strategies to beat the clock
- Healthy cooking basics for mix 'n match meal making
- Kitchen fundamentals for guaranteed ease and simplicity
- Yummy recipes to customize for your tastes

**Bi-Weekly Classes, 4 Tuesdays:
March 29, April 12, April 26, May 10
6:00 to 8:00 p.m.**

QUICKfit Fitness Studio, Central Boulder

QUICKfit
Fitness Studio

\$15 per class
or \$40 for the whole series

Info: www.EveryDayGoodEating.com

Register: Andrew: 303.993.7361 or

Mary Collette: 303.443.0353

Questions: 303.443.0353