



~ healthy nutrition for everyday living ~

This is not your grandmother's recipe !!

A Holiday Recipe Makeover sessions ...

Do you have those holiday recipes that your grandmother passed on to you? You'd love to make them, but can't afford the additional calories?

Do you want that recipe with lower calories, fat or sugar and keep the flavor?

Submit your holiday recipe for a makeover - come to eat a meal made from all the submissions!

Want to learn how to make it? Come 1 hour early and cook with me!

Leave with a full belly, ideas and healthier recipes you can make for all family members without the guilt!!

- bring a container for leftovers ☺.
 - Limited to 8 people
- Added Bonus - Holiday Makeovers! Get a new look for the holidays with Linda bender of Mary Kay. Just come ready for a new look!

Dates: December 8th - 6/7 PM or December 10th and 16th at 11/12 noon
Where: 106 Pimlico Way, North Wales

Contact Joanna @ 215-272-6774 for more information.
\$30 - submit recipe, eat new recipe(s) as complete meal & all new recipes in a booklet to keep so you can make it again yourself
\$10 more and you can come learn how to cook it - come hour earlier