



The New You Nutrition Cooking Series presents:

Simple Everyday Meals

Wednesday, January 27th at 6:00 pm

Investment: \$50

Let someone else do the cooking! Come join us to learn some simple meal recipes that can be made any day of the week. Attendees will enjoy an interactive discussion that includes lots of great nutrition tips and cooking advice. As part of the evening the prepared meals will be enjoyed. A recipe packet is also included.

Location:
Danielle's Kitchen

For more information or to sign-up:
Call or email: 720-254-9130 or danielle@thenewyounutrition.com

