

Community Event Announcement

- Title:** Introduction to Vegetarianism Cooking Class
- Day and Date:** Thursday, September 16, 2004
- Time:** 6:30-8:30 pm
- Location:** Dumas' Independent Grocer's, Upstairs at Dumas' room, 82 Lorne Street
- Sponsor of Event:** Northern Vegetarian Society
- Full Event Description:** An Introduction to Vegetarianism Course will be held on Thursday, September 16 from 6:30-8:30 pm at Dumas' Independent Grocer's, Upstairs at Dumas' room, 82 Lorne Street. In this 2 hour class, you will learn basic vegetarian nutrition, see live cooking demonstrations and taste delicious samples! Recipes used include tofu, a variety of grains, TVP and much more. Pre-registration is required, call Dumas at 671-3051 or stop by the service desk. Cost is \$10.
- Event Contact:** Anita Sabot
President, Northern Vegetarian Society
Phone 522-8582, Email nvs@ivu.org