



Introduction to Vegetarianism

In this 2 hour course:

- **LEARN** basic vegetarian nutrition
- **SEE** live cooking demonstrations
- **TASTE** lots of delicious samples
- **TAKE HOME** recipes for dishes with tofu, a variety of grains, TVP and much more!

The cost for this course is \$_____

Date _____

Register by calling _____

Time _____

Space is limited!

Location _____