Come Join & Help Support Manhasset CASA!

Nancy Ferraris: Manhasset Nutritionist & Parent will demonstrate how healthy living recipes & cooking can be easy, fast & fun!

Sample a wide array of healthy, easy-to-prepare snacks and meals for use any time of the day (or night!).

Learn how small changes can impact the quality of your family's life, make healthy eating easy and fun AND increase your energy and enthusiasm for cooking again.

Bring your appetite and your questions - and get ready to enjoy warm hospitality, some relaxed conversation with neighbors and friends and a fun introduction to a new way of thinking about food!

For more information, please call Arda Haratunian (516) 627-0235

Tuesday, April 25, 2017
11:30 a.m. - 1:30 p.m.
Arda Haratunian’s Home
21 Middle Drive
Plandome

HEALTHY COOKING, HEALTHY LIVING
Fundraising for Healthy Families

Name ________________________________________  $40 per person x _____ guests = $____________
Address_______________________________________ I cannot attend but enclosed is my donation $_______
Telephone_______________________________________ Make checks payable to Manhasset CASA
Email__________________________________________

Mail completed form and check to:  Manhasset CASA, Inc., PO Box 392, Manhasset, NY 11030

Fabulous Raffle Prizes too! Tickets sold day of event. (4 tickets for $10; 10 tickets for $20)

CAN'T ATTEND? PLEASE BE A MEMBER!

Make Checks Payable to Manhasset CASA, Inc. Annual Membership fee is $20. Additional donations gladly accepted. Enclosed is my check for $___________

Name: __________________________________________________________________________
Address: ________________________________________________________________________
Email: __________________________________________________________________________
Phone: __________________________________________________________________________
Date: __________________________________________________________________________

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