

Would you invest two hours to change your life?

And improve your family's health and quality of life?

Help Support
Manhasset
CASA



HEALTHY COOKING, HEALTHY LIVING

2 Hours that will Change Your Life!

Help Support Manhasset CASA!

Come join

**Master Cook-Lisa Santos &
Health & Wellness Coach-Stacey Kelly**

for a hands-on demonstration on how healthy cooking can be easy, fast and fun.

**Thursday, March 19
11:30 a.m. - 1:30 p.m.**

**Stacey Kelly's Home
3 Park Drive
Plandome**

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 627.0235 or Katie Lane 869.3316

Name _____

Address _____

Telephone _____

Email _____

\$40 per person x _____ guests = \$ _____

I cannot attend but enclosed is my donation \$ _____

Make checks payable to Manhasset CASA

Mail completed form and check to: Katie Lane, 257 Sussex Dr., Manhasset, NY 11030

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