



## Cook with us!

**Register at <http://bit.ly/ahealthytable>**

\$25 Registration includes exclusive access to:

- A monthly series of 5 LIVE, interactive cooking experiences.
- *A Healthy Table* website: loaded with recipes, video cooking instruction, and healthy tips and tricks.
- Personal support from a University of Florida Extension agent.

**Register by February 9th, pay only \$19.99**

**PLUS get an invitation to our special kickoff event!**

Live Virtual Classes Held 7:30 pm ET/ 6:30 pm CT

**Tuesday, February 9th Kickoff Event**

**Program introduction and a sweet, healthy treat demonstration**

**Available for Early Birds only**

Tuesday, February 23rd: Lesson 1, Kitchen skills primer.

Tuesday, March 23rd: Lesson 2, Cooking techniques - baking, grilling, roasting.

Tuesday, April 27th: Lesson 3, Simple dishes - eggs, breads, salads, pasta.

Tuesday, May 25th: Lesson 4, One dish meals - one-pot, slow cooker, packet meals.

Tuesday, June 22nd: Lesson 5, Entertaining & special occasions -setting a table, appetizers.