



Healthy Cooking Workshop

3 Meals, 10 Ingredients, 1 hour

You're Invited!

Saturday January 19th, 2013 - 1pm-2pm

Posture Perfect Pilates
1247 South Wabash Avenue
Chicago, IL 60605

\$50 per person - Come Hungry, Meal Included!
Reserve your space!
Call 312-675-2981 or Purchase in Studio.



Learning to cook healthy meals is exciting and empowering. Jessica Marie, Certified Health Coach & Healthy Living Expert, makes cooking easy and FUN! She will guide you with the preparation, cooking and serving of healthy meals, and these meals won't keep you hostage by your kitchen, they take about 60 minutes and can be enjoyed for both lunch and dinner throughout the week using the same 10 ingredients. Phew! You will learn different cooking methods and how to use herbs and spices that will tickle your palate. After this class, you'll have all the tools to go into your own kitchen and experiment with all the possibilities of healthy cooking.

visit www.jmchews.com CHEWs to be Healthy!