



Living Free

Lifestyle Change Cooking Class

Taught by

Dorothy Moll, Food Preparation

Norman Moll, Nutrition, Diseases, Health

- Plant-based Menus
- Nutrition Principles Explained
- Hands-on Meal Preparation
- Enjoy Eating A Complete Demonstration Meal Each Session
- Making Substitutions
- No Charge (Donations Accepted)

To register for this amazing Living Free[®]
Cooking Class Call: 989-687-2555

Beginning

Thursday, February 14

Continuing Weekly

For 5 Weeks

Thursdays, 5:30 – 7:30 p.m.

A Community Service of the
Midland Seventh-day Adventist Church

Location

Midland Seventh-day Adventist Church
2420 E Ashman St • Midland, MI 48642-4043

