

# SEASONAL LOCAL CUISINE!



## COOKING CLASS

Saturday, January 7, 10 AM - 1 PM

Treat yourself in the New Year with a fresh view of life based on eating in harmony with nature.

You will learn easy, delicious recipes and enjoy lunch. The healing and energetic power of foods will be discussed.



We will cover many topics:

- the variety and combinations of whole grains
- proper bean cooking
- sea vegetables which nourish body, mind and spirit!

Much of the information is based on ancient oriental knowledge and wisdom.

Patricia's love of teaching personal and group cooking classes began over 20 years ago. Her expertise shines in making easy-to-understand nutritional balance.

This is a FUNdraiser for Common Ground, \$100.

*Class limited to 20 guests*

Please register by calling:  
Common Ground 650-493-6072

Class held at a lovely home in Menlo Park.

