

Cooking School -2019

Med Instead of Meds: Mediterranean Cooking

REGISTRATION

Name: _____

Street: _____

City: _____

Zip: _____ Phone: _____

e-mail (Please print clearly): _____

CLASSES (\$8 per class)

(Pre-registration is required), Check each class you are attending

1. **February 12th Basics of Med Cooking** ___ 10 am – 1 pm **or** ___ 5 – 8 pm ___ Paid
2. **March 26th Comfort Foods Made Healthy** ___ 10 am – 1 pm **or** ___ 5 – 8 pm ___ Paid
3. **April 30th Today's Kitchen** ___ 10 am – 1 pm **or** ___ 5 – 8 pm ___ Paid
4. **May 23rd Cooking with Herbs and Spices** ___ 10 am – 1 **or** ___ 5 – 8 pm ___ Paid
5. **June 13th Affordable Med Meals** ___ 10 am – 1 pm **or** ___ 5 – 8 pm ___ Paid
6. **July 25th More Fruits & Vegetables** ___ 10 am – 1 pm **or** ___ 5 – 8 pm ___ Paid
7. **Aug 27th Protein Power** ___ 10 am – 1 pm **or** ___ 5 – 8 pm ___ Paid
8. **Sep 29th Breads & Pasta** ___ 10 am – 1 pm **or** ___ 5 – 8 pm ___ Paid
9. **Oct 17th Right Kind of Fat** ___ 10 am – 1 pm **or** ___ 5 – 8 pm ___ Paid
10. **Nov 14th Sweets & Holiday Dishes** ___ 10 am – 1 pm **or** ___ 5 – 8 pm ___ Paid

Office Use Only	Office Use Only	Office Use Only
Amount paid: _____	Amount paid: _____	Amount paid: _____
Cash/ Check: _____	Cash/ Check: _____	Cash/ Check: _____
Receipt #: _____	Receipt #: _____	Receipt #: _____
Received by: _____	Received by: _____	Received by: _____