



HIDDEN WINGS

PRESENTS

**BASIC
NUTRITION &
COOKING**

May 7 & May 28

4:00 to 5:30

at Hidden Wings

Our *Exercise and Nutrition for Weight Loss* course with Tina Kalkowski has been a great success for our students, and now she will teach two classes on basic nutrition and cooking skills. Students will learn how to prepare and cook healthy organic meals by themselves. Come for a hands-on learning experience on May 7th to make a delicious quiche and on May 28th to make yummy turkey meatloaf. Students will leave with easy-to-follow recipes that can be made for a week's worth of protein-rich meals at one time.

Cost is \$10 per student, per session.

Contact Jim Billington at 705-3918 or Tina Kalkowski at 350-0875 to enroll.

Hidden Wings

• A non-profit 501c3 corporation • 517 Atterdag Road, Solvang, CA 93463

• (805) 705-3918 • www.hiddenwings.org