Cooking Club

TILL Springboard, in partnership with Whole Foods Market, offers members an excellent opportunity to learn basic cooking skills, healthy food choices and nutrition. Members will experience a professional chef demonstrate techniques in the state-of-the-art Whole Foods Culinary Center and Kitchen. Each month, a Whole Foods chef, provides instruction and guidance in the preparation of a variety of simple meals which are enjoyed by the class.

WHEN: Monday March 20, 2017 6:30pm—8:30pm
WHERE: Whole Foods Dedham, MA
MEET UP: Whole Foods, 680 Legacy Place Dedham, MA
COST: $18.00/session Includes demonstration and food
SPECIAL: $80.00/ 5 sessions $150.00/10 sessions
LEADER: Sherrie Shafman, Springboard Leader
sherriss@earthlink.net
603 714 8153
RSVP: March 10,2017 Dale Belcher
Springboard Social Club Manager
781 302 4619 or dale.belcher@tillinc.org
Limited Class Size

BACK BY POPULAR DEMAND

TILL Springboard Social Club
Activity Payment Coupon

Springboard Cooking Club RSVP 3/10/17

Name:____________________________________
Address:__________________________________
Phone:____________________________________
RSVP: Dale Belcher

Please make check payable to TILL Springboard and mail to:
TILL Springboard 20 Eastbrook Rd. Dedham, MA 02026