

20/20 HOLIDAY BITE



**WEDNESDAY
NOVEMBER 16TH
6-7:30 PM
\$35 PER PERSON
CAST LOUNGE**

Think Holiday food can't be quick, nutritious, and tasty? Or are you lacking quick meal and appetizer ideas for this year's holiday gatherings that fit your healthy lifestyle? Then this is the class for you!

Join our 20/20 LifeStyles dietitians and Chef to sample a variety of food products from local grocery stores and learn how to assemble quick holiday meals and appetizers that will please any of your holiday guests.

Program Code: 829100

Space is limited! Register by Friday, November 11, 2011. For more information please contact: 20/20 LifeStyles Resource Center at (425) 869-4764 or 2020communities@2020lifestyles.com

ENROLL ONLINE

To enroll, please log onto www.proclub.com with your user ID and then use the following URL link to register: www.proclub.com/onlineclassregistration.



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