

Would you invest two hours to change your life?

And improve your family's health and quality of life?



Help Support
Manhasset
CASA



HEALTHY COOKING, HEALTHY LIVING

2 Hours that will Change Your Life!

**Come Join and
Help Support Manhasset CASA!**

Nancy Ferraris: Manhasset Nutritionist & Parent will demonstrate how healthy living recipes & cooking can be easy, fast & fun!

**Tuesday, April 25, 2017
11:30 a.m. - 1:30 p.m.**

**Arda Haratunian's Home
21 Middle Drive
Plandome**

Sample a wide array of healthy, easy-to-prepare snacks and meals for use any time of the day (or night!).

Learn how small changes can impact the quality of your family's life, make healthy eating easy and fun AND increase your energy and enthusiasm for cooking again.

Bring your appetite and your questions - and get ready to enjoy warm hospitality, some relaxed conversation with neighbors and friends and a fun introduction to a new way of thinking about food!

For more information, please call Arda Haratunian 627.0235

Name _____

\$40 per person x _____ guests = \$_____

Address _____

I cannot attend but enclosed is my donation \$_____

Telephone _____

Make checks payable to Manhasset CASA

Email _____

Mail completed form and check to: Manhasset CASA, Inc., PO Box 393, Manhasset, NY 11030

Fabulous Raffle Prizes too! Tickets sold day of event. (4 tickets for \$10; 10 tickets for \$20)