

# 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)