

Easy, Healthy, Quick, Kosher and.....Delicious! Cooking with Aaron!



**A Three-Part Hands-On and Fun Mini-Course with Healthy Lifestyle Coach,
Personal Trainer and Exercise Nutritionist Aaron Guttman.**

**Especially for our Families and Friends: Make a course for your family while your
children are in Religious School!**

Class One: Cooking with One Hand (so you can sip wine with the other!)

Thursday, January 11th from 4:30-6:00 PM

**Relax and enjoy healthy dishes paired with a glass of wine as we review the
fundamentals of healthy meal planning which will be used in class two.**

Class Two: Cooking When you've Got No Time!

Thursday, January 18th from 4:30-6:00 PM

Class Three: Cooking with Kids!

Thursday, January 25th at 6:00 PM (right after Religious School)

Take one class for only \$15.00/class or all Three for \$30.00!

RSVP to:

Email: aaron@randolphhealthcoach.com Phone: (201)463-3287

