

The Town of Bedford Recreation and Parks Department &

Skinny Buddha

Are proud to present

Organic Cooking Classes

“Healthy meals that satisfy”

Join us at the Skinny Buddha Organic Kitchen to learn how to prepare a range of truly delicious and healthy meals. In this four class series we will cover soups, salads, entrees and desserts. Bring your apron and your appetite because these classes are hands on and we eat everything we prepare! At the end of the class you will have learned how to make a variety of healthy, delicious foods and you will take home all the recipes that we make.

For: Adults 18 +
Day: Wednesdays
Dates: March 5, 12, 19, & 26
Time: 7:00 – 9:00 pm
Location: Skinny Buddha Organic Kitchen
159 Lexington Ave., Mt. Kisco
Fee: \$200.00 Payable to the Town of Bedford
\$100.00 Payable to Skinny Buddha at the first class for materials

Register today at the Town of Bedford Recreation Office
425 Cherry Street, Bedford Hills