

"ALL IN THE FAMILY" Cooking Classes



6:00 - 7:30 p.m. Wednesdays June 22, July 13, August 10

For all school-age children and their parents.

Families will prepare healthy meals together, learning cooking skills & techniques.

Instructors: Rita Larsen, RD; Ariel Warshawsky, Fitness Staff, & Kylie Brennan our 11 year old food & nutrition enthusiast, and program creator.

Class Outline:

June 22: Quick & Easy Summer Meals

Salads, Fruits & Quick Sautes. Main Lobby.

July 13: Healthy, Grilled Dinners by the Pool;

lower in fats and higher in fiber. Pool area.

August 10: Back to School Home Cooked Meals:

Crock Pot & Stir-Fry one dish meals. Lobby.

Cost is \$7.50 per person, per class (maximum of \$25.00 per family of four)

13825 W. Burleigh Rd., Brookfield

Sign-up with Rita @ 1-262-391-1003 OR ritalarsen@eliteclubs.com

