



Healthy Holidays  
Whole Foods Plant-Based

# COOKING SCHOOL

*with Jan, Sherrie & Jessica*

NOV 3	3 PM - 5 PM
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**BETTER LIVING CENTER**

531 Forge Mill Rd  
Morganton, GA

**Questions or to Register**

Jan: 770-328-4777

Come and learn how to prepare  
healthy & tasty recipes for your  
holiday meals!