

All In Good Taste

Healthy Lunches For Kids

These are lunches kids will want to eat!



DATE: WEDNESDAY, SEPTEMBER 30TH

TIME: 10:00 am - Noon

**WHERE: Beck/Allen Cabinetry Showroom
11626 Page Service Drive 63146**

COST: \$20 per person - includes

- Instruction
- Demonstration
- Recipes
- Tastings of all lunches prepared



ATTIRE: Casual - it's a fun atmosphere so be comfortable

Former LA Celebrity trainer - Coach Hammer *and*
Registered Dietitian Jaime Rothermich
from Hammerbodies Custom Fitness
demonstrate how to prepare healthy, satisfying lunches for kids
with artfully disguised NUTRITIOUS foods –
these are lunches your kids will love and never know the food is good for them
We'll keep it our secret!

Come and attend with a friend - you're kids will love you for it!

Registration required: Please visit the Beck/Allen Cabinetry website at www.beckallencabinetry.com and click on the CLASSES tab to register or call Beck/Allen Cabinetry at 314-677-6713.