

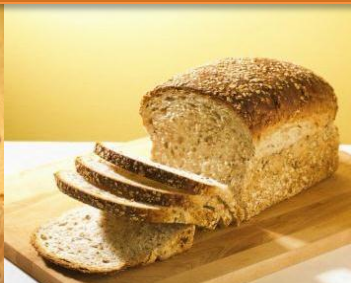


If you like you're losing the fight against food- scarfing chips and cookies when you should be munching on carrots—maybe it's time you learned the rules of healthy cooking. Leaning to feel more comfortable in the kitchen can help you to feel closer to your food—and closer to a healthy lifestyle.

By Jenny Kovacs



Living Well Cooking Class



Place: Greene County Library. 222 Main Street Stanardsville, VA

Date: Sunday, January 22
Time: 5 pm- 7 pm

RSVP: call: 434-985-7749 or email:
livingwelllifestyle@gmail.com

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