

New! Playing With Food: Delicious and Nutritious Cooking for People Who Don't Have Time to Cook

Healthy cooking can be fast and easy. This class will provide you with hands-on experience preparing a large assortment of delicious entrees and side dishes using fresh, whole foods. We will enjoy a feast at the end of the day with leftovers to take home. Lectures include information on how to source the freshest and most delicious ingredients for your home-cooked meals. *Class time includes a lunch hour. This is a hands-on class. Dress protocol for kitchen mailed upon registration (or emailed to online registrants when an email address is provided). Please call (707) 527-4372 if not received.*

Presenters Denise Elliott and Marsha Sendar, MSHS, MSPT, CNC: Denise has been an adjunct instructor at SRJC since 1986 and owned and operated her own bakery in Sonoma County for 20 years. Marsha is a certified nutrition consultant and physical therapist who has maintained a private practice in Santa Rosa since 1999.

9186 1 Sat., May 21, 12-6pm
CULCTR, SRJC Culinary Arts Center
FEE: \$92 (includes \$15 of materials)

How to register: mail or fax the card below, or register online at www.santarosa.edu/communityed

For further information call: SRJC (707) 527-4372
Community Education Registration Form

First Name	Last Name	SSN# or Student ID#
Mailing Address	City	State Zip
Daytime Telephone	Home Telephone	Birthdate (Month/Date/Year)
Email Address	Today's Date	
Credit Card #	Exp. Date	V-code (last 3 digits on signature line on back of card)

Cardholder Name and Billing Address: _____

Section Number	Course Title	Date of First Meeting	Fee

Mail to: SRJC Community Education REGISTRATION, 1501 Mendocino Ave., Santa Rosa, CA 95401 or Fax: (707) 522-2731