



## **DR. SHARON'S HEALTHY CULINARY DELIGHTS!**

**Learn tricks on how to prepare them...  
make them, then taste them,  
and bring some home!**

Dear Friends, Good news!

Due to years of requests I have finally succumbed!

I will be sharing a number of the recipes that several of you have been clamoring for over the years.

Would you like to have a 2-day hands-on-experience preparing scrumptious dishes in a fun and relaxed atmosphere? Recipes that are relatively easy and fast to make, recipes I guarantee you can and will recreate at home?

**You can!**

Learn how to make delicious, healthy breakfasts, nutritional protein smoothies, lip-smacking lunches, tasty salads, yummy snacks, energizing and hormone-balancing hot drinks, delectable dinners and mouth-watering deserts.



**White Rock/Surrey Jan. 12 -13, 2013 Yummy Weekend \$275 604 385 1111**