



2009 COOKING FOR LIFE CLASSES I, II, III & IV



*PRESENTED BY THE
TYLER PARKS & RECREATION DEPARTMENT*

CLASSES TO BE HELD IN HARVEY CONVENTION CENTER'S HALL 3



Class I- Feb. 17, 2009

Guest Chef: Kelly Cook, CEC, AAC, Executive Chef, Cascades Golf Club

Details: Parent and teen class. Parents or grandparents learn right along with your teen, ages 11-18. The class will include table etiquette, menu concepts and fun but healthy foods. This does include a meal for each participant.

Time: 6 to 8 p.m.

Cost: \$20 for both adult and teen. Pre-registration required and space is limited.

Class II- March 9, 2009

Guest Chef: Executive Chef, Sam Seago, Brookshire's Catering

Details: Adult Class. It's time for "healthy meals that are lite but very filling." Learn how to use an abundance of fresh ingredients to make a meal that will be nice to your waste line as well as heart healthy.

Time: 6 to 8 p.m.

Cost: \$15.00/ person, pre-registration is required and space is limited.



Class III - April 21, 2009

Guest Chef: Executive Chef Sam Seago, Brookshire's Catering

Details: Adult class; Learn to prepare meals for the hot "summer" nights. Learn how to cook and not sweat at it. Come hungry!

Time: 6 to 8 p.m.

Cost: \$15/ person, pre-registration required and space is limited.

Class IV -June 9, 2009

Guest Chef: Jack Lewis, Executive Chef, Rick's of Tyler

Details: Parent –Teen Class. "Enjoy fun food, simple instructions and fill up on some great food."

Cost: \$20 for both parent and teen; pre-registration required and space is limited.

Mark your calendar for Class V on July 7, Class VI on Aug. 18, Class VII on Oct. 20 and Class VIII on Nov. 17.

For more information please contact: Debbie Isham at
(903) 531-1214 or email disham@tylertexas.com

