

Green Smoothie Classes in September in the G.T.A.

There are three classes in the G.T.A. If possible, it's recommended that the Sept. 24th and 28th classes, sponsored by EFX Spa, 265 Wincott Avenue (Eglinton-Kipling), be taken together as Sept. 24th, 7-9 p.m. is a lecture with some sampling but Sept. 28th, 2-4 p.m. is the actual demo where people learn how to make green smoothies. The location for Sept. 28th class is the Scarborough Golf & Country Club. The third Green Smoothie class will be held in Hamilton on Tues., Sept. 29th, 7-9 p.m. As seating is limited, advance registration is required. We look forward to hearing from you!

Cost: \$15 includes handouts

Phone: 519-680-2884

Cost: \$25 for combined Sept. 24th & 28th classes

To ensure your seat, please send payment with this form:

Name: _____ Phone: _____

Email Address: _____

I'm attending this event with: _____

1st Choice: _____ 2nd Choice: _____

(Please put the date in the blanks above indicating your choice.)

If you are able to attend more than one date, please indicate your 1st and 2nd choice preference. If not, leave 2nd choice blank. As space is limited, we recommend that you return this form with \$15 payment a.s.a.p. to avoid disappointment. Cheque payments can be made by mailing to the Centre for Healthy Living, A-812 1/2 Lorne Ave, London, N5W 3K8 or by interac email money transfer. Upon receipt of payment, all registrations will be confirmed via phone or email.

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