



2010 COOKING FOR LIFE CLASSES I, II, III and IV



*PRESENTED BY THE
TYLER PARKS & RECREATION DEPARTMENT*

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



Class I—Jan. 12, 2010

Guest Chef: Jack Lewis, executive chef, Rick's of Tyler

Details: Its time for a **"New Orleans Brunch."** Take home recipes, watch a great demonstration and enjoy a meal.

Time: 6 to 8 p.m.

Cost: \$15 per person; pre-registration required and space is limited.

Class II— Feb. 16, 2010

Guest Chef: Jack Lewis, executive chef, Rick's of Tyler

Details: **"Have Fun with Pasta!"** Parent and teen class. Parents or grandparents learn right along with your teen, ages 11-18. Includes 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 III- March 8, 2010

Guest Chef: Sam Seago, executive chef, Brookshire's Catering

Details: Adult Class. It's time for **"Lite and Tasty, Flavorful and Filling."** Learn how to use an abundance of fresh ingredients to make a meal that will be heart healthy and nice to your waistline.

Time: 6 to 8 p.m.

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



Class IV - April 20, 2010

Guest Chef: Sam Seago, executive chef, Brookshire's Catering

Details: Adult class; **"Sensational Salads for the Summer."** Don't miss out on a great meal.

Time: 6 to 8 p.m.

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

Mark your calendar for Class V on June 15, Class VI on July 6, Class VII on Aug. 17, Class VIII on Oct. 19 and Class IX on Dec. 7.

For more information please contact: Debbie Isham at
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