

Healthy & Decadent

*Treat yourself to a 5-star cooking class
with renown author Gloria Bakst
...because living well is the best revenge!*

Let Gloria Bakst of Balanced Nutritional Lifestyles and author of *Zone Perfect Cooking Made Easy*, teach you how to live well and eat well.

www.mybnl.com / 781-598-9313 / Gloria@mybnl.com

Sponsored by lucía lighting & design and Whole Foods Market

When: Wednesdays through May 2nd*
& Thursday, March 1st

Time: 6:30-9:00 p.m.

Where: lucía lighting & design**
311 Western Ave. (RT-107), Lynn, MA

Cost: Single class: \$45 per person
3-4 classes: \$40 per class per person
5+ classes : \$35 per class per person

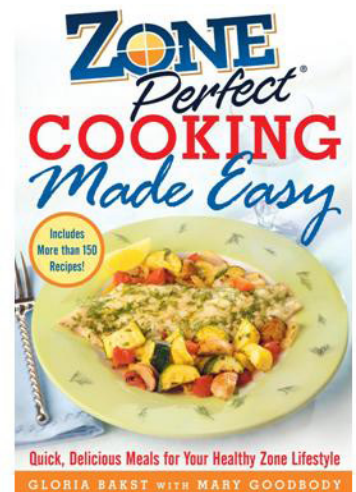
Pre-registration and pre-payment is required.

To sign up, contact Lucy Dearborn at
lucía lighting & design,

781-595-0026 or lucy@lucialighting.com

*Excludes Passover week, April 4th

**Location of February 14th class TBA



lucía
lighting & design

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Lynn, MA 01904
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