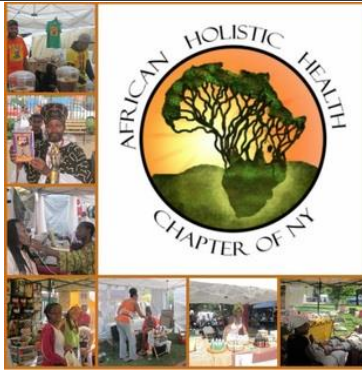


FREE HEALTHY COOKING DEMONSTRATIONS BY SALADMASTER !!



FREE HEALTHY COOKING DEMONSTRATIONS BY SALADMASTER !!

**These demonstrations are for those looking to make healthier foods;
Those looking to learn importance of eating for nutrition;
Those looking to learn importance of proper cookware;
Learn about income opportunities with SaladMaster !**

This presentation includes a free 5-course meal and seats a limited to 10 persons per session. If your diet still contains fish or chicken or you may be vegetarian, do let us know so the chefs may prepare your platter accordingly. In these sessions, you will learn to prepare your food without grease, water or salt to create tasty results !

UPCOMING DEMONSTRATIONS

**Sunday, February 1, 2015 @ 3p -6:30p – Cancelled due 2 Super Bowl
Sunday, February 8, 2015 @ 3p - 6:30p
Sunday, February 15, 2015 @ 3p -6:30p – Cancelled due to NBA All Star Weekend
Sunday, March 1, 2015 @ 3p - 6:30p – Cancelled – Snow Storm
Sunday, March 8, 2015 @ 3p – 6:30p - Cancelled
Sunday, March 15, 2015 @ 3p – 6:30p
Sunday, March 22, 2015 @ 3p-6:30p – as part of MeatOut2015 Event**

VENUE

**African Holistic Health & Wellness Center
132-20 116th Avenue
South Ozone Park, NY 11420
Call to RSVP: 347-427-8668 or email: shaimesh@aol.com
Directions by car: www.mapquest.com
Directions by Mass Transit: www.hopstop.com**