



## EVERYDAY CHEF A HANDS ON COOKING CLASS

A series of 4 classes for individuals and families, each led by a different chef eager to share new ideas on how to make delicious, healthy, simple, AND inexpensive meals!

Working with a local chef, participants will prepare and share family style meals. The class is ideal for individuals of all ages, as well as families who would like to bring their kids (12 yrs. old or more) to learn together.

**Each class will involve:** Basic techniques and simple recipes for an entire meal, along with variations of that meal.  
Identifying basic pantry items to ensure swift meal planning and preparation.  
Discussion of nutrition and smart and healthy shopping.

**When:** Tuesdays - Feb. 4 through Feb. 25 5:00 pm - 7:00 pm

**Location:** Community room at the 1st United Methodist Church of Mercersburg

**Cost:** For the 4 class series: \$40 individual \$80 family

All educational materials and meals are included. SPACE IS LIMITED - early registration is recommended.

**Chefs:** Jim Butler, Mercersburg Academy  
Jeremy Jones, Flannery's in Mercersburg  
Harry McCullough, Romeo's in Mercersburg  
Berkley Cline, Pure and Simple in Greencastle

**Email:** questions to: mac4wellness@gmail.com

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### REGISTRATION:

Please include check made out to MACWell with registration.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

EMAIL \_\_\_\_\_ PHONE \_\_\_\_\_

\_\_\_\_\_ Individual - \$40      \_\_\_\_\_ Family - \$80

Please note how many in your family will attend: # in Family \_\_\_\_\_

List Ages of children \_\_\_\_\_

Mail registration with check by MONDAY, JAN. 27TH to:  
MACWell, 123 N. Main St., Mercersburg, PA 17236