

SPECIAL OFFER BUY 1, GET 1 FREE * Sat Jan 13, 1 pm	New Vegetarian Cooking Class This is a class for people new to vegetarian / vegan cooking, who want to learn how to eat healthy, save money, and treat themselves to delicious food! January 13 th , 1 to 3 pm, Treasure Island \$10 pre-registered, \$15 at the door	Chef Alex Bury will provide instruction, samples, & recipes. *BBQ Veggie "Chicken" *Rustic Italian Minestrone Soup *Fruit Smoothies *Chocolate Cream Pie *Soymilk Sampling	Registration Pre-registration recommended. Space is limited www.bayareaveg.org FREE: Bring a new person (not vegetarian) to this class, you'll both attend for the price of one! And, you & your friend will each receive a <i>free membership</i> to Bay Area Vegetarians. No Cash Value
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