

# Healthy Family Healthy You

## Girls' Night Out Cooking Demo and Tasting!

with Natasha Nadel, author of The HFHY Healthy Mama's Guide and Cookbook

### Three 15 Minute Meals

Discover the Healthy Family, Healthy You Way to cook dinner in 15 minutes!

- Enjoy an evening of fun, healthy, gluten-free, vegan & kosher foods!
- Learn and experience just how easy it is to cook dinner quickly.
- Leave with Recipes and Instructions for Three 15 minute meals.

#### Bonus

Learn to create an appetizer table, guaranteeing great fun & food, next time  
- every time - you entertain!

**Date: Sunday, February 28, 2016 at 7:30pm**

**Location: An elegant private home in Potomac (Address provided after sign up)**

**Ticket Price: \$36 per person**

2 for 1 option: For an extra \$18, you'll receive **BOTH Healthy Family, Healthy You books**  
(The Healthy Family, Healthy You Cookbook and The Healthy Mama's Guide to Feeding your family well – simply and sanely! Retail price \$17.95 each)

**Do something TODAY to make your food prep easier and healthier.**

**[Click here to register.](#)**

For questions or suggestions: Please be in touch with me, Natasha Nadel, at  
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