CALIFORNIA HEALTH
&
LONGEVITY INSTITUTE

WELLNESS KITCHEN COOKING CLASSES

EVENT SCHEDULE 2019

Interactive Cooking Class: Go Global **Sunday, July 18** **11am**

Dive 'hands-on' into exotic flavor inspiration from around the world including Morocco, India, and the Middle East.
$95 per person

Interactive Cooking Class: Small Plates **Saturday, August 3** **6pm**

Our small plates menu incorporates the freshest, seasonal ingredients with internationally-inspired recipes with a healthy spin. Take a delicious trip around the globe, guilt-free!
$95 per person

Interactive Cooking Class: Baja California **Thursday, August 29** **6pm**

Savor the flavor of California's Baja peninsula, with flavorful Southwest-inspired dishes featuring the freshest seasonal ingredients.
$95 per person

Interactive Brunch Class: Sunday Fresh **Sunday September 8** **11am**

Sweet or savory, brunch is our favorite meal of the week. Join our chef in the kitchen and try a new twist on classic dishes that are easy to make and deliciously healthy! We'll even sneak in a mimosa…
$95 per person

Interactive Cooking Class: Power Plates **Thursday September 19** **6pm**

An interactive class with the goal of a smaller environmental footprint, with easy-to-prepare food. Sustainable proteins, vegetable-centric, fresh and locally-sourced foods come together in amazing, flavor-packed combinations sure to please everyone.
$95 per person

Interactive Cooking Class: The Gathering Table **Thursday September 26** **6pm**

Enjoy an evening of amazing flavor and texture from farmhouse-fresh foods made in minutes using a single pan or skillet.
$95 per person

For menus and reservations, please call (818) 575-3000 or visit us on Open Table.