

COOKING

Demonstration & Tasting!

with Laurie Beck

Your Personal Cooking Coach

Laurie is a whole food plant-based certified, Roubxe certified, and Food for Life instructor.

**Learn how to
cook using
seasonal, local
produce for
a healthy
lifestyle!**



**Watch, learn,
and enjoy free
samples,
recipes, and
more!**

<https://www.facebook.com/pg/yourpersonalcookingcoach>

Saturday, August 1
10:00—11:30 a.m.

\$10.00

per person,
pay at arrival,
cash or check only

**AUGUSTA
HILLS**

Learning, Recreation & Community Center
2080 W 300 N (2 miles west of stoplight)
Albion, IN 46701

Questions?

Contact Laurie at
(260) 241-3107 or
beckla321@gmail.com

Masks are required and social distancing will be practiced during this program.
Augusta Hills follows the CDC guidelines for COVID-19 prevention and the protection of guests.