



Join Us For Cooking Classes  
and Wellness Workshops!



Sign-up for cooking classes and workshops designed to inspire healthy living and more mindful eating through meal prep, seasonal eating, plant-based dishes, and more.

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## Family Favorites in the the Kitchen

Jan 22nd 4:00pm-5:30pm

Featuring Chef Hilary



Kids Only!

Perfect for kids who want to enjoy the flavors they love while making healthier choices for their families.

- Spinach and Cheese Stuffed Shells with Tomato Basil Sauce
- Ceasar Salad with Crispy Homemade Chickpeas

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## Pescatarian Feasts: Nourishing Seafood Journey Baja Style

Jan 23rd 6:30pm-8:30pm

Featuring Chef Rose



Dive into a culinary adventure that celebrates the vibrant flavors of the sea. In this interactive cooking class, we will explore pescatarian cuisine that will inspire you to create mouthwatering dishes that celebrate the ocean's bounty.

- Fresh Tuna Ceviche
- Baja Ensenada Tacos with Pico de Gallo and Homemade Corn Tortillas
- Homemade Arroz con Leche (Mexican Rice Pudding)

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## Mushroom Mycelium for Health and Wellness Workshop\*

Jan 29th 6:30pm-8:00pm

Educator: Host Defense Director of Product Science Education,  
Jerry Angelini, MS



This lecture explores the unique benefits of mushrooms and how to include them in your daily diet for your health and wellness goals. We will also touch on the efficacy research for Host Defense® Mushrooms™ and Fungi Perfecti® products, rigorous testing, sustainability efforts and good manufacturing practices. We will dive into specific mushroom species and how they can be incorporated into your daily routine to optimize cognitive functioning, support immune competence and revitalize your daily energy reserves. This lecture concludes with a live Q&A session, giving you the change to interact with your educator and get your questions answered.\*

*\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*

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