

Spring 2010 QuietStar-Cuesta Community Programs Collaboration  
Both Classes are with Kathy Wensloff

Go Green! Geared (but not limited to!) Those who have &/or Work With  
Children...

We all know we need to get more “greens” into our children (not to mention ourselves!?) The question is, “How do we do that?” Come learn some delicious, clever ways to enrich your children’s meal and snack times that are quick, easy, delicious and full of rich nutrition! Learn with hands-on and make extra to take home and share with your friends and loved ones!

Sat., Jan. 22 9am-11:30am AT QuietStar \$40

registration link: <http://www.communityprograms.net/comed/ck.htm#Go%20Green>

Chocolate~Chocolate~Chocolate....All Healthy!!

Is this possible you may ask! Yes! We invite you to join us in learning how to prepare several different chocolate delights that are delicious and good for you & everyone else! We start off by sampling a “mystery chocolate”, and see if you can guess what the secret ingredient is! You will learn how to make a delicious and nutritious chocolate smoothie, chocolate fudge, & chocolate cake (yes, *with* frosting!)

Sat., Feb. 12 ~ 9am-11:30am AT QuietStar \$40

registration link: <http://www.communityprograms.net/comed/ck.htm#Chocolate-Chocolate-Chocolate>