



# COOKING CLASSES



## LEARN

### HEART HEALTHY

**Sept 29 | Tues | 5:30-8:30**

Learn simple, tasty ways to cook that takes care of your heart & soul.

### STOP ORDERING TAKE-OUT AND COOK HEALTHY AT HOME

**Oct 19 | Mon | 5:30-8:30**

In a hurry to eat? These tricks will have you eating fast, healthy & delicious at home.

### RAMEN

**Nov 11 | Tues | 5:30-8:30**

Discover what the fuss is about, and how a bowl of homemade noodles can change your life!

### HOLIDAY COOKIE CLASS

**Dec 7 | Mon | 5:30-8:30**

The gift everyone really wants instead of that terrible sweater! Let's make cookies!

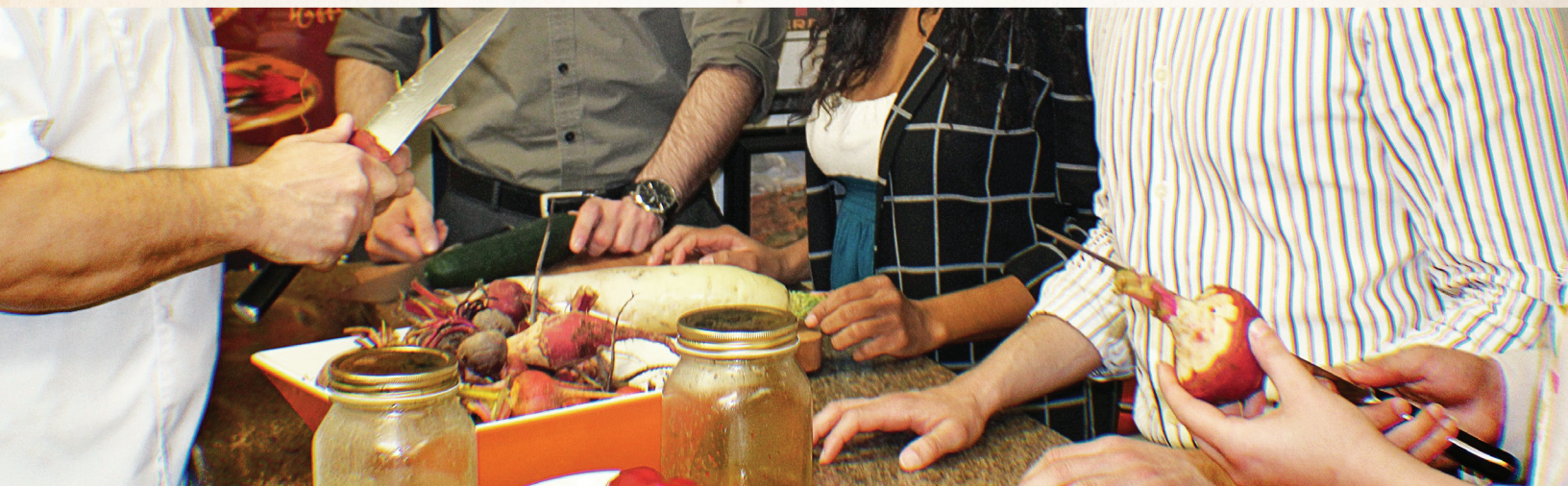
Price is **\$75** for members and **\$95** for non-members – Wine included!

Reservations are essential and can be made by emailing [PressKitchen@LakeshoreSF.com](mailto:PressKitchen@LakeshoreSF.com).





# COOKING CLASSES



## PARTY

### GIRLS NIGHT OUT

Oct 22 | Thur | 5:30-8:30

Enough said! The last one sold out in days... this one will be bigger, better and more fun!

### BRUNCH

Oct 25 | Sun | 11:30-1:00

Show off for your friends. Brunch is easy...and better at home!

### TACOS, TEQUILA & TOM

Nov 5 | Thur | 5:30-8:30

I don't know who Tom is, but the other 2 will be here! Learn the tricks for hip, hot tacos with all the extras. Great Mexican beers and tequila too!

### COUPLES NIGHT OUT

Dec 4 | Fri | 5:30-8:30

Date night at Press Kitchen – come share our kitchen and make a meal you'll love!

Price is **\$75** for members and **\$95** for non-members – Wine included!

Reservations are essential and can be made by emailing [PressKitchen@LakeshoreSF.com](mailto:PressKitchen@LakeshoreSF.com).