

# Harvest Health FOODS

Healthy Groceries Healthy Vitamins Healthy Answers



## **VEGAN** **Cooking CLASS!** *You've Asked for a cooking class...so we're going to be cooking with*

**Jill Ovnik,**  
**Culinary Instructor**

***On Wednesday, June 23 at 6.30 pm***  
***Harvest Health Foods Hudsonville***

We all get a bit bored of our daily dinner menu and would like to try a new healthy recipe, but wonder how will they really taste?

Jill will be showing us how to prepare three easy vegan recipes your friends and family will love. Watch Jill prepare and sample the dishes she will be making. Bring a friend and we'll have a great evening of cooking and learning.

*Jill Ovnik has combined her degree in psychology with culinary arts. She loves creating tasty, healthful foods for vibrant health. Jill has a BA degree in psychology. She is a certified food educator from the Food Studies Institute, a culinary instructor for The Cancer Project and a Healthy Heart Speaker for the Physicians Committee for Responsible Medicine.*

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**6.30 Wednesday, June 23**  
**at Hudsonville Harvest Health Foods**  
**616-896-6630**

**Please reserve your spot by calling the store.**