

Dr. Leslie's Show-n-Tell Series

February 1st

“How to Make a 10+10 Salad in 10 Minutes or Less!”

Future “Show-n-Tell” Demonstrations

- Soups from Scratch ~ April 12
- Bean & Rice Dishes ~ May 17
- Juicing & Blending ~ June 21
- Wraps, Sandwiches, and Potatoes ~ July 26



THE LODGE

6:30 to 7:30

660 Evergreen Farm Way ~ Sequim
(Limited seating. Please RSVP)

683-8844

Drawings: FREE Weight-loss Consult (Value: \$129.00)
and Dr. Leslie's Books & CDs