

**SPRING CLASS SCHEDULE
AT MARY JANE’S COOKING SCHOOL**

2021

EDUCATIONAL EVENINGS AT MARY JANE’S COOKING SCHOOL

Mary Jane’s Cooking School is launching a series of Educational Evenings providing information on health, nutrition and /or cooking-related topics for small groups, the last Friday of each month. Each session will feature a guest speaker on a wide range of holistic topics. Our next educational evening, a repeat of the last one (held on March 26), will highlight the values and principles of Mary Jane’s Cooking School and will also share some vital but lesser known nutrition information that could have a major impact on health—we are talking here about vitamin K2 and its companion vitamins, vitamin A and Vitamin D3. A light nutritious and delicious vegetarian dinner will be served.

Date and Time: April 30, 2021

Time: 6:00 to 9:00 p.m.

Cost: \$35.00

To Register: Call Mary Jane’s Cooking School at 204 775-2522 or email: mjcookin@mymts.net