



**ZOV'S COOKING CLASS**  
**SATURDAY, MARCH 24, 2018 @ 11:30am**  
**ZOV'S BISTRO, TUSTIN**  
**\$75.00**

Join us on March 24, 2018 for a special cooking class benefiting the Alzheimer's Association. Based on the most current research in healthy aging and the Alzheimer's Association's **10 Ways to Love Your Brain** program; the Mediterranean diet with a focus on olive oil, vegetables, fruits, nuts, grains, fish and poultry may help reduce the risk of cognitive decline.

**"LOVE YOUR BRAIN" MEDITERRANEAN MENU**

Pan-Roasted Salmon with White Beans & Vegetables

Vegetable Tagine

Quinoa with Grilled Zucchini, Chick Peas & Cumin

Barley Salad with Vegetables and Feta Cheese



To enroll: Please fill out the registration form and mail along with a CHECK for \$75.00 per person to: **Zov's Bistro** 17440 E 17th Street, Tustin, CA 92780. Questions? Call 714-838-8855 x 22. Be sure to enroll early, class size is limited.

Class Name and Date: \_\_\_\_\_

# of Persons Attending: \_\_\_\_\_ x \$75.00 a person = \$ \_\_\_\_\_

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

**PAYMENT:**  Check is Enclosed  Charge my Credit Card — Type of Card:  AMEX  VISA  Mastercard

Name on Credit Card: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Authorized Signature: \_\_\_\_\_

Billing Address: \_\_\_\_\_

**All payments are final and non-refundable. Please mark your calendars, as no confirmation notice will be given.**