



**Wellness**  
GARAGE

Lifestyle Medicine Clinic

# Plant-Based Cooking Workshops

Space  
is limited  
to **10**  
**participants**  
per session!

The Wellness Garage Cafe is pleased to offer a series of workshops aimed at helping you discover easy, practical ways to increase your intake of healthy plant-based foods. Participants will come away with new recipes, knowledge and skills to try in the kitchen. Food samples and kombucha included!

## SEPTEMBER 24

### Back to School Survival

30 minute dinners and healthy lunches!

## OCTOBER 8

### Boost Your Immunity

Smoothies and superfoods to optimize your health!

## OCTOBER 24

### Fall Inspired Buddha Bowls

Hearty meals for lunch or dinner!

## NOVEMBER 14

### Sweet & Savoury

Healthy snacks to keep you energized!

## NOVEMBER 26

### Holiday Special

Our favourite recipes for entertaining this season!

### WHERE

The Wellness Garage Cafe  
15165 Russell Avenue,  
White Rock, BC  
6:30-8:00pm

### COST

**\$40 per session**  
Wellness Garage  
Members  
**20% discount**

**Liz Dornian**  
Holistic  
Nutritionist



Sign up online @ [wellnessgarage.ca/experiences](https://wellnessgarage.ca/experiences) or email [liz@wellnessgarage.ca](mailto:liz@wellnessgarage.ca) if you have any questions