

# Plant-Based Cooking Workshops



Wellness  
GARAGE

Lifestyle Medicine Clinic

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, kombucha and snacks included!

SPACE  
IS LIMITED TO  
10 PARTICIPANTS  
PER SESSION!

## 30 Minute Dinners

Quick and simple non-meat meals!

**Dates: May 9, July 4**

## Buddha Bowls 101

Hearty and filling lunches for the week—or anytime!

**Dates: June 6, August 1**

## Smoothies + Superfoods

Smoothies that are nutrient-dense and taste great!

**Dates: May 21, July 16**

## Guilt-Free Desserts

Treats you can feel good about serving and enjoying!

**Dates: June 18, August 13**

## WHERE

The Wellness Garage Cafe  
15165 Russell Avenue, White Rock, BC  
6:00-7:30pm

## COST

1 session **\$35 WG Member/\$40 Non-Member**  
4 sessions **\$140 WG Member/\$160 Non-Member**



Reserve your spot by contacting [liz@wellnessgarage.ca](mailto:liz@wellnessgarage.ca)  
or call the garage at **604-535-7010**