

Hands-On, Demos Are Great for the Holidays

Looking for a unique holiday idea for a sure-fire hit for your friends, families or business associates? Consider our newest offering: an expanded cooking demo that allows your guests to participate in the preparations and then dine on their results. *Anita Brown Culinary Coach* will guide you through all aspects of this group culinary adventure, and help you make your small party an affair to remember.



To get started, just select a menu with Coach Anita, prepare your guest list and set a date. We'll then send you the recipes. In the host's kitchen, we'll prep, cook and then feast. (You are on your own for cleanup!)

Ready? Contact Coach Anita at culinarycoach@comcast.net or 847-341-4623 for menus and demo details. Fees for a 2 ½ hour session begin at \$200 for up to a maximum of eight participants, exclusive of food. You can do the shopping yourself or, for a nominal fee, Coach Anita will do it for you.

Please make your plans now! The holidays are fast approaching and our calendar is filling up fast!