

FEBRUARY



14 Valencia Road, Hilton Head Island, SC 29928
800.292.2440 HHHEALTH.COM/CAC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 2 – 3:30pm H3 In-House DEMO <hr/> 7 – 8:30 pm Chef's Table Demo, Dinner & Wine	2 2 – 3:30pm 90 Minute Hands-on Cooking Dessert	3	4 9:30am – NOON TCL Hands-on Cooking, Dessert 101 <hr/> 5:30pm – 9pm DATE NIGHT European Dinner Party
5	6 2 – 3:30pm H3 In-House DEMO	7	8 2 – 3:30pm H3 In-House DEMO	9 2 – 3:30pm 90 Minute Hands-on Cooking Home-made Gnocchi	10 7 – 8:30pm Valentine's Chef's Table Demo, Dinner & Wine	11 1 – 3:30pm Hands-on Cooking Valentine's Gourmet for Home <hr/> 6:30pm – 10pm DATE NIGHT Valentine's in Paris
12	13 2 – 3:30pm H3 In-House DEMO <hr/> 7 – 8:30pm Valentine's Chef's Table Demo, Dinner & Wine	14 6:30pm – 10pm DATE NIGHT Valentine's in Paris <div style="border: 1px solid black; padding: 5px; text-align: center;">Valentine's Day</div>	15 2 – 3:30pm H3 In-House DEMO	16	17	18
19 2 – 3:30pm 90 Minute Hands-on Cooking <i>Breakfast Muffins & Scones</i>	20 2 – 3:30pm H3 In-House DEMO <div style="border: 1px solid black; padding: 5px; text-align: center;">President's Day</div>	21 <div style="border: 1px solid black; padding: 5px; text-align: center;">Fat Tuesday</div>	22 2 – 3:30pm H3 In-House DEMO	23 2 – 3:30pm 90 Minute Hands-on Cooking <i>Knife Skills & Stir Fry</i>	24	25 1 – 3:30pm Hands-on Cooking Chicken 101 <hr/> 7pm – 8:30pm Girls Night Out <i>Hors d'oeuvres & Wine</i>
26	27 2 – 3:30pm H3 In-House DEMO	28	29 2 – 3:30pm H3 In-House DEMO <hr/> 7 – 8:30 pm Chef's Table Demo, Dinner & Wine			

Cooking Healthy Workshop with Chef Marvis Hinson

2012

WHERE NUTRITION IS AN EXPERIENCE

