

MARCH



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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|---|--------|--|
| | | Noon – 2pm <i>Private Party</i> Lunch-N-Learn | | 1 2 – 3:30pm 90 Minute Interactive Cooking <i>Home-made Pasta</i> | 2 | 3 9:30am – NOON <i>TCL</i> <i>Hands-on Cooking</i> <i>Knife Skills &</i> <i>Culinary Basics 201</i> 5:30pm - 9pm DATE NIGHT H3 Italian Feast |
| 4 2 – 3:30pm 90 Minute Interactive Cooking <i>Knife Skills & Soups</i> | 5 2 – 3:30pm H3 In-House DEMO | 6 | 7 2 – 3:30pm H3 In-House DEMO | 8 2 – 3:30pm 90 Minute Interactive Cooking <i>Power Breakfast</i> | 9 | 10 1 – 3:30pm <i>Hands-on Cooking</i> Seafood 101 7pm – 8:30pm <i>Girls Night Out</i> <i>Hors d'oeuvres & Wine</i> |
| 11 | 12 2 – 3:30pm H3 In-House DEMO 6:30pm <i>Private Party</i> ACF Meeting | 13 | 14 2 – 3:30pm H3 In-House DEMO 7 – 8:30 pm <i>Chef's Table</i> Demo, Dinner & Wine <i>Chicken Piccata</i> & <i>Chocolate Kahlua Mousse</i> | 15 2 – 3:30pm 90 Minute Interactive Cooking <i>Knife Skills & Stir-fry</i> SOLD OUT | 16 | 17 1 – 3:30pm <i>Season, Spring 1</i> Garden Planning 5:30pm – 9pm DATE NIGHT Steakhouse Secrets St. Patrick's Day |
| 18 2 – 3:30pm 90 Minute Interactive Cooking <i>The Incredible Egg</i> | 19 2 – 3:30pm H3 In-House DEMO | 20 | 21 2 – 3:30pm H3 In-House DEMO | 22 Cooking Healthy Workshop with Chef Marvis Hinson | | 24 |
| 25 | 26 2 – 3:30pm H3 In-House DEMO | 27 | 28 2 – 3:30pm H3 In-House DEMO 7 – 8:30 pm <i>Chef's Table</i> Demo, Dinner & Wine <i>Local Blackened Fish</i> & <i>Mini Peach Cobbler</i> | 29 2 – 3:30pm 90 Minute Interactive Cooking <i>Breakfast Bakery</i> | 30 | 31 1 – 3:30pm <i>Hands-on Cooking</i> Chocolate 101 5:30pm – 9pm DATE NIGHT Taste of Asia |

2012

WHERE NUTRITION IS AN EXPERIENCE

