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*Southern Cultural Heritage*  
**FOUNDATION**

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**PRESS RELEASE**

January 5, 2018

**FOR IMMEDIATE RELEASE**

Event Name: **The Daniel Plan Cooking Class**

Presenter: William Furlong  
Date: Monday, January 29th  
Time: 5:30 p.m.  
Admission: \$35 SCHF members, \$40 non-members

Description:

Join chef William Furlong on Monday, January 29<sup>th</sup>, to discover and sample recipes from the Daniel Plan. William will demonstrate delicious and easy recipes that are "Healthy Eating for Life." The hands-on Workshop will show you how to shop for, plan menus and cook food that nourishes your body and soul. The class will start at 5:30pm on January 29th.

Registration is \$35/SCHF members and \$40/non-members and includes all supplies. Space is limited and reservations are required. For more information, please contact the SCHF office at 601.631.2997 or email [info@southernculture.org](mailto:info@southernculture.org).

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