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Southern Cultural Heritage
FOUNDATION

PRESS RELEASE

February 13, 2018

FOR IMMEDIATE RELEASE

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

Presenter: William Furlong
Date: Monday, March 26th
Time: 5:30 p.m.
Admission: \$35 SCHF members, \$40 non-members

Description:

Join chef William Furlong on Monday, March 26th, 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 March 26th.

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.

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