



PROMOTING THE
BENEFITS AND JOY
OF A
PLANT-BASED LIFESTYLE

Cooking Demo Schedule

11:45 - 12:45 Cooking with Kathy Hester

1:00 - 2:00 Cooking for Kids by Dilip Barman

2:00 - 3:00 Cooking for Adults and Families by Dilip Barman

3:15 - 4:15 Cooking for Good by Linda Watson

