

2009 Vegetarian Cooking School and Lifestyle Class

2009	Vegetarian Cooking School	Medical Topic	Spiritual Topic
Tuesday March 24 6:30 PM	Cooking Demonstration Linda Sloop: Beans – Soups and Stews	Advantages of a Vegetarian Diet. Linda Sloop	Why be Healthy? Richard Sloop
Tuesday March 31 6:30 PM	Cooking Demonstration Linda Sloop: Vegetables	Trends in America's Health Richard Sloop	Spiritual Principles for Health? A Look at the #1 Principle Harry Sharley
Tuesday April 7 6:30 PM	Cooking Demonstration Linda Sloop: Whole Grains I	Physical Fitness Richard Sloop	Exercise and Faith Harry Sharley
Tuesday April 14 6:30 PM	Cooking Demonstration Linda Sloop: Tofu	Water–The Perfect Drink! Jay Sloop	Spiritual Water Harry Sharley
Tuesday April 21 6:30 PM	Cooking Demonstration Linda Sloop: Nuts and Seeds	Heart Disease Primer Caroline Clark	Spiritual Nutrition Harry Sharley
Tuesday April 28 6:30 PM	Cooking Demonstration Linda Sloop: Breakfast	God's Packaging vs. Man's Packaging Linda Sloop	Spiritual Nutrition (Part 2) Richard Sloop
Tuesday May 5 6:30 PM	Cooking Demonstration Linda Sloop: Salads	Sleep Jay Sloop	Rest and Peace Harry Sharley
Tuesday May 12 6:30 PM	Cooking Demonstration Linda Sloop: Beans II	The Best Health in an Imperfect World. Richard Sloop	The Origin of Disease Harry Sharley
Tuesday May 19 6:30 PM	Cooking Demonstration Linda Sloop: Whole Grains II	Planning a Vegetarian Diet Linda Sloop	How to Have Will Power Jay Sloop