



The George Washington Carver Museum
and
Cultural Center
presents

A Taste of African Heritage

A New Cooking Class Series with Toni Tipton–Martin
November 1 thru December 13, 2012



Starts
at
6:00 p.m.

Come and get healthy!
We're reclaiming health by reclaiming our history.

Diabetes isn't part of our history neither is heart disease. Traditionally, our African American ancestors ate a delicious, plant-based diet that was high in flavor and naturally low in cholesterol, saturated fat, sugars, and sodium. You can too!

A Taste of African Heritage is a new cooking class that brings this enjoyable, simple, healthy way of eating back to life. Please join us at the Carver Museum for a free six-class series, as we "meet" the foods of African heritage and learn how to easily prepare them at home.

For more information, or to sign up for this free six-week class, please contact: Toni at 512.415.3123 or email your request to: info@thesandeyouthproject.org

The City of Austin is committed to compliance with the Americans with Disabilities Act. If you require special assistance for participation in our programs or for use of our facilities, please call (512) 974-4926.



GEORGE WASHINGTON
CARVER
MUSEUM & CULTURAL CENTER



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