



Community Calendar Announcement

- What:** “Live With Obadiah” Cooking Class
- Where:** Arden Hills Resort Club & Spa
1220 Arden Hills Lane, Sacramento
- When:** Wednesday, August 4
- Time:** 6:00 p.m.
- Cost:** \$20.00
- For More:** 916-482-6111 or www.ardenhills.net

Suggested Copy:

Even if you’re watching your weight this summer, nutritious and mouth-watering breads can indeed be part of a healthy diet. To show you easy ways to make healthy and satisfying breads, Executive Chef Obadiah Huetter is planning a special cooking class about creative baking ideas and tips during the next “Live With Obadiah” at **Arden Hills Resort Club & Spa**. You’ll learn about new cooking techniques and how to maximize the nutrients for a healthy and well balanced diet. You’re invited to join this ongoing and popular adult cooking series. Space is limited so reserve yours today. For more, call 916-482-6111 or visit www.ardenhills.net.

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