



Community Calendar Announcement

What: Live With the Chef – Brrr...It's Cold Outside!

Where: Arden Hills Resort Club & Spa
1220 Arden Hills Lane, Sacramento

When: Wednesday, February 15

Time: 6 p.m.

Cost: \$20

For More: 916-482-6111 or www.ardenhills.net

Suggested Copy: With the winter chill still in the air, hot soups packed with antioxidants hit the spot to heat up our bodies and immune systems, too. And, **Arden Hills Resort Club & Spa** can help you create healthy, delicious and nutritious recipes during the next "Live With the Chef" cooking class! The talented chef will demonstrate special cooking techniques and share secrets to low calorie but high impact recipes that maximize the flavor and nutrition of every meal. This special monthly cooking class is focused on incorporating fresh ingredients designed to maximize the nutrients for a healthy and well balanced diet. You're invited to join this ongoing and popular adult cooking series - couples are welcome, too! Space is limited, so reserve yours today. For more information, call 916-482-6111 or visit www.ardenhills.net