



## COMMUNITY CALENDAR ANNOUNCEMENT

**What:** “Live With the Chef” Cooking Class: New Year’s Resolutions!

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

**When:** Wednesday, January 18

**Time:** 6 p.m.

**Cost:** \$20

**For More:** 916-482-6111 or [www.ardenhills.net](http://www.ardenhills.net)

**Suggested Copy:**

With the New Year, it’s likely you’re trying to find ways to keep that resolution to eat better and lose weight, right? Arden Hills Resort Club & Spa can help you pave the way to a delicious and nutritious approach to cooking during the next “Live With the Chef” cooking class! Chef Josh McLaughlin 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](http://www.ardenhills.net)