

# Faculty & Staff Cooking Demos

## Registration Information

### CLASS INFORMATION

Cooking demonstrations for faculty and staff are offered Fall and Spring semesters unless otherwise indicated. Please check current schedule ([www.csus.edu/hlth](http://www.csus.edu/hlth)) for class information, dates and times. All classes are led by Nutrition Program Peer Health Educators and take place in The Cove at The WELL. Classes may be demonstration only or hands-on and may include recipes and tasting samples. For questions, please call

916-278-5422.

### REGISTRATION

Registration is available in-person only at the Health and Wellness Promotion office at The WELL (Room 1011, by The Cove). Hours of operation are Monday-Thursday 8:00 am – 5:00 pm and Friday 9:00 am – 5:00 pm. Minimum enrollment is necessary to maintain each class. If minimum enrollment is not met before each class meeting, the class will be cancelled. In the event that class is cancelled, you may transfer registration to another class if space is available. All classes hold 15 participants - early registration is encouraged as some classes fill rapidly.

### PAYMENT

Registration is considered complete after payment and must be made prior to class instruction. After class registration you will be directed to the payment desk. Class cost is \$10.00 per person, per class, to faculty and staff. Payment may be made by check or credit card only.

### REFUNDS

If you are unable to make a class, no refund will be given. Class registration is not transferable. **Refunds are only issued when a class is cancelled.** In most cases, Student Health and Counseling Services attempts to remind registered participants of their appointments. Failure of Student Health and Counseling Services to remind a registered participant of a class is not an excuse for a missed class.

Spring 2012

Nutrition Program  
Health and Wellness Promotion  
Student Health and Counseling Services  
916-278-5422

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## *February*

- **Romantic Dinners Made Easy** Wednesday, February 8th 5:10pm-6:00pm  
Surprise your Valentine with dinner that requires minimal effort but tastes every bit gourmet!



## *March*

- **Redefine Brown-Bag Lunches** Tuesday, March 27th 12:10pm-1:00pm  
Tired of the same old sandwich? Spruce up your lunch-time routine with these anything but boring recipes and ideas.

## *April*

- **Dinner in a Hurry** Thursday, April 12th 12:10pm-1:00pm  
Make dinner-time effortless but nutritious with recipes that call for 5 ingredients or less in this interactive workshop.

## *May*

- **Garden to Table-Fresh Meal Ideas** Monday, May 14th 12:10pm-1:00pm  
Learn how to take in-season cooking to a new level with innovative and delicious meal ideas.



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**Spaces go fast - sign up early!**

**Stop by Health and Wellness Promotion to sign up!  
Cooking Demos are \$10.00 per person—see reverse side for  
registration information.**

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