

# Healthy Intuitive cooking

An unique approach to cooking and all that it is.



Join Chef Dimitri as we discuss a new approach to cooking based on positive approach and intuitive techniques to create meals that are physically and emotionally nourishing.

Learn and eat delicious and healthy treats that we will prepare allowing you to remember that healthy food doesn't have to be bland and tasteless. Chef Dimitri Georges's Bio: ([www.gaeapersonalchef.com](http://www.gaeapersonalchef.com))

Event: Thursday, Nov 19th, 6:30-8:30 pm @ Rm 421, Vancouver Technical High School, 2600 E. Broadway, Vancouver.

Cost: \$25, including food material for you to cook, 28 seats!

RSVP: Alice Zhou at 604 773-5231, [alice@socialbutterflyclub.ca](mailto:alice@socialbutterflyclub.ca)

Venue sponsored by: Langara CS at VSB

Event Produced by: I love BBT Meetup & Social Butterfly Club

