



2 CLASS  
OPTIONS!  
OPEN TO  
THE  
PUBLIC

**FREE**

# KNIFE SKILLS 101

TUESDAY, SEPTEMBER 10, FROM 5-7 P.M.

OR

THURSDAY, SEPTEMBER 12, 5-7 P.M.

TOMAH HEALTH CONF. ROOM 1B: 501 GOPHER DR., TOMAH

Join our first cooking essentials class and learn basic knife skills to help you prepare food at home while cooking for your family. We will practice different types of cuts and then practice by making a spoon salad.

Participants will also learn to make homemade vinaigrette dressings to pair with fresh salads. Must be 18+ years old to participate.

Space is limited. To register, please email  
Whitney Sanjari at [WSanjari@tomahhealth.org](mailto:WSanjari@tomahhealth.org).

**Register by September 5!**

