



Here's to Your Health Cooking Class Registration
Winter/Spring 2012

Name: _____

Address: _____

Phone: _____ Email: _____

Program Cost: \$60 for an individual class. Pay only \$165 for the three classes if paid in advance of each scheduled set. Additional discount for repeat participants is also available (contact us for details).

Program Overview: Classes will be held in the upstairs at BFS Restaurant, Monday nights; from 6:00pm to 9:00 pm. Payment should be made ahead of time. They can be phoned in, mailed to the restaurant, or made directly at the restaurant. Included in the cost are **dinner, wine, and instruction** from Chef Shaw Rabadi, owner and manager of BFS Restaurant. Each week features a different menu.

Please arrive 15 minutes early so we can begin the classes on time.

Cancellation Policy: There will be a \$5 cancellation fee for all cancellations or last minute rescheduling. Also, all cancellations made within 48 hours of the class will not be refunded!

Please mail form and payment to: BFS Restaurant, 1736 Western Ave, Albany, NY 12203
or fax to (518) 452-6342.

*January 16, 23, 30

*February 13, 20, 27

*March 12, 19, 26

*April 16, 23, 30

*May 7, 14, 21

*June 4, 11, 18

Send your confirmed registration and payment as soon as possible and at least one week in advance of your desired session.

Call us at (518) 452-6342 with any questions.

If paying by credit card:

Choose: VISA Master Card American Express

Name as it appears on card: _____

Number: _____ Exp. date: _____