



**SAMPLES  
SERVED**



**DOOR  
PRIZES**



**Free!**



# Healthy Gourmet Cooking Classes



## FEATURING:

**Celebrity Chef Mark Anthony's  
Live Healthy Gourmet Cooking Show**

**Executive Chef:** Mark has been an executive chef for many years now. His talents range from the home cooked meal to the highest gourmet productions. He has been an executive chef at 7 different properties. His first Executive Chef position was at the age of 23 back in 1987. One of his chef positions was at the Sands for 2 years, back in 1989. Over the years he has also been General Manager and Food & Beverage Director for major properties. He has been in the business for over 30 years. His food preparation and kitchen management skills are second to none.

## August 24th & 25th

**MONDAY 6:30-8:30PM GOURMET MEXICAN DISHES "THE HEALTHY WAY!"**

**TUESDAY 6:30-8:30PM A TASTE OF ITALY -GOURMET ITALIAN DISHES-ANYONE CAN MAKE!**



## ALSO FEATURING:

**Harold Mayer, PhD, MPH**

**Internationally Known Fitness Trainer**

Dr. Mayer holds a Doctorate of Exercise Physiology  
Speaking on: Nutrition, Lifestyle, Health Age Testing & Exercise:  
Are you getting the most out of your workout program?

## Great Opportunity To See World Famous Chef Mark Anthony In Person!

**Mark's expertise in culinary cuisine has been sought after by many celebrities to name a few:  
Jack Nicholas, Eddie Murry, Jethro Tull, Journey**

Please Call: Sylvia Knoch  
Phone: 423-847-1795 To reserve your seat  
Or: Email: [hixsongourmets@yahoo.com](mailto:hixsongourmets@yahoo.com)  
**(Limited Seating call NOW!)**  
Include: Name, Address, Phone Number and  
Number of seats you are reserving.

Classes will be held at the:  
**North River Civic Center**  
1009 Executive Drive, Suite 102  
Hixson, TN 37343  
(Located behind the NorthGate Mall)

*Because of limited seating, reservations will be necessary (to assure that you have food and materials) that will be made available each night.*