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2nd Annual Healthy Holiday Cooking Class with Chef Aaron “Big Daddy” McCargo, Jr.

Back by popular demand, this November the American Heart Association – Greater Bay Area is teaming up with Kaiser Permanente once again to host the 2nd Annual Healthy Holiday Cooking Class with celebrity Chef Aaron McCargo, Jr on Saturday, November 14 from 11 am – 2 pm at Beebe Memorial Cathedral located at 3900 Telegraph in Oakland. Chef McCargo will continue the tradition of introducing new recipe classics and helping the community stay healthy over the holiday season.

Chef McCargo is currently featured on the Food Network and host of his show “Big Daddy’s House” after becoming the Food Network’s Next Food Star in 2008. He will be making a rare Bay Area appearance just in time for the holidays to share some of his favorite healthy recipes. The event will be hosted by one of the Bay Area’s most beloved radio personalities, Miranda Wilson. Etiquette expert Tina Hayes will share a few more tips just before those holiday parties while Gloria Brown will make sure your home and dinner tables are properly decorated and set for the occasion.

It is sure to be another amazing day. To reserve your spot, please complete the form below with a \$5 donation per person in the form of a check or money order and send to:

Florence McCrary
American Heart Association
426 17th Street
Oakland, CA 94612

Please make checks and money orders payable to the American Heart Association.

Space is limited. Doors will open at 10:15 am with open seating.

All donations are tax-deductible with proceeds going to the Power To End Stroke campaign to increase awareness among African-Americans about stroke.

Name: _____

Address: _____ Phone #: _____

Email address: _____

How many attending: _____ Amount enclosed: \$ _____