



7920 Santa Fe Drive, Overland Park, KS 66204

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[www.kcculinary.com](http://www.kcculinary.com)

## CookWell! **Bone Broth 101... And Its Amazing Health Super Powers**

Sun, Jan 28 | 5:00 - 7:30 p.m. | Limited Hands-On | Tastings

## CookWell! **Paleo Staples: Great Snacks & Luscious Desserts**

Sat, Feb 3 | 10 a.m. - 12:30 p.m. | Limited Hands-On | Tastings

## CookWell! **Lose Weight, Feel Great! Whole30 Recipes and Tips for Success**

Mon, Feb 12 | 6:00 - 9:00 p.m. | Limited Hands-On | Tastings

## CookWell! **No Meats. No Grains. No Problem! A Magnificent Meatless & Gluten-Free Meal**

Mon, Feb 19 | 6:30 - 9:00 p.m. | Limited Hands-On | Tastings

## CookWell! **Vegetarian Meals That Everyone Will Love!**

Sun, Mar 4 | 6:30 - 9:00 p.m. | Demonstration | Tastings

## CookWell! **Cooking for a Healthy Heart**

Mon, Mar 26 | 6:30 - 9:00 p.m. | Limited Hands-On | Tastings

## CookWell! **Marvelous Make-Ahead Paleo & Whole30 Recipes**

Mon, Apr 16 | 6:30 - 9:00 p.m. | Demonstration | Tastings

## CookWell! **Glorious Grain & Gluten-Free Desserts**

Sun, Apr 29 | 6:30 - 9:00 p.m. | Limited Hands-On | Tastings