

# Local *Celebrity* Chefs

Presenting signature vegetarian dishes from our restaurant community.

Join **Tai Choo**, owner and chef of **Taco the Town** in Brunswick, for a culinary demonstration on how to prepare these healthy and delicious dishes:

El Camote - Sweet Potato taco

Mexican Style Rice

Pico de Gallo Salsa

**April 10** from **5:30-6:30 p.m.**

**Mid Coast Center for Community Health & Wellness Classroom 2 & 3**

329 Maine Street-SOUTH ENTRANCE, Brunswick

**Registration required**, call **(207) 373-6585**.

For more information visit [www.midcoasthealth.com/wellness](http://www.midcoasthealth.com/wellness).



MID COAST *Center for*

**Community Health & Wellness**

[WWW.MIDCOASTHEALTH.COM/WELLNESS](http://WWW.MIDCOASTHEALTH.COM/WELLNESS)