



***Here's to Your Health Cooking Class Registration***  
**Winter/Spring 2010!**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Program Cost:** \$45 for an individual class. Pay only \$130 for the three classes if paid in advance of each scheduled set. Additional discount for repeat participants is also available (contact us for details).

A session is three classes on Mondays only (a total of three classes per session). Each class is from 6:00-8:30pm. Please choose a session or sessions below by checking/circling the dates you are interested in:

- February 8, 15, 22
- March 8, 15, 22
- April 5, 12, 19
- May 10, 17, 24
- June 14, 21, 28

**Each session offers different menus for each class.** Class size is limited. Please print this form and send with check or credit card payment or pay cash at the restaurant.

**Send your confirmed registration to any session as soon as possible and at least one week in advance.**

If paying by credit card:

Choose: VISA    Master Card    American Express

Name as it appears on card: \_\_\_\_\_

Number: \_\_\_\_\_ Exp. date: \_\_\_\_\_

Signature: \_\_\_\_\_

Please mail form and payment to: BFS Restaurant, 1736 Western Ave, Albany, NY 12203  
or fax to (518) 452-1498 .

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