

Help Us Solve
The Cruel Mystery

LUPUSTM

FOUNDATION OF AMERICA
NEW JERSEY CHAPTER

HEALTHY AND DELICIOUS COOKING WITH CHEF NIKKO

Love cooking shows, chefs and great healthy and delicious recipes? Join us on **Sunday, January 12th**, with Chef Nikko. While tasting his delicious dishes, you will learn healthy eating advice, the best recipe ideas and the cooking techniques of a great chef.

presented by and for the benefit of
Lupus Foundation of America, New Jersey Chapter, Inc.

Women's Club of Little Falls, New Jersey

93 Prospect Street, Little Falls, NJ 07424

from 2:00 PM - 6:00 PM

Cost: \$35.00 per person, seating is limited.

Chef Nikko will be demonstrating three healthy and easy to prepare meals that help keep you running even when dealing with lupus.

Chef Nikko is a graduate of Montclair High School, as well as a culinary school in New York City. He has been a chef for more than 16 years and concentrates on Natural, Vegetarian and Herbal cuisine. He achieves his culinary goals by using a style of food preparation that stimulates the human body to want more balanced and nutritious meals daily.

Door prize - Chef Nikko will come to your house and prepare a meal for you and three of your closest friends - \$10.00 a ticket.



Name: _____ # of Reservations: _____

Email Address: _____ Telephone: _____

Address: _____ City: _____ State: _____ Zip: _____

Enclosed is my check payable to LFA/NJ in the amount of \$ _____ I would like to sit with _____
First and Last Name

I do not plan on attending today but wish to donate \$ _____

Charge my tickets to: Visa Master Card AMEX Discover Card CSC# _____
3 or 4 Digit Security Number

Card Number: _____ Expiration Date: _____

Signature: _____ Date: _____

*Lupus Foundation of America, New Jersey Chapter, Inc.: 150 Morris Avenue, STE 102, Springfield, New Jersey 07081
Telephone: 973.379.3226 , Email: info@lupusnj.org, subject Chef Nikko, Website: www.lupusnj.org*