

# MOM 2.0

practical workshops for the modern mom

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*Every mommy needs a bit of an upgrade, once in a while. This year we are offering three awesome classes to make your day-to-day mom life even better and a bit easier.*

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**JUNE**

mom-friendly wardrobe



**SEPTEMBER**

meal planning  
+ easy recipes



**DECEMBER**

cleaning solutions

We know your clothes are subject to spit-ups, drool, diaper spills, food bits and more! Explore practical wardrobe options so you can look fabulous every day, even on those tough days.

We want to help busy moms (that's you!) make healthy, home-cooked meals possible. We will walk you from meal planning to efficient cooking. \*cooking demo: additional \$10 materials fee for food

Find ways to spend less time cleaning and still have a sparkly home! Plus, make your own safe, economical & environmentally friendly cleaning solutions! \*additional \$10 materials fee for a DIY cleaning kit

NEXT  
CLASS

Sept

meal planning + easy recipes

**BARBARA PADOLINA**

SUNDAY, SEPTEMBER 30 | 2:00 - 4:00 PM  
143 MORNING DOVE DR. MARKHAM

Don't know what to cook? Too busy to cook? We've all been there. We're on a mission to make healthy, home-cooked meals possible, at least most days (we're not perfect!). Cooking doesn't have to be drudgery, it can be efficient, fast and most importantly, delicious!

The kitchen is the most likely place in which you will find **Barbara Padolina**. She was first swept into the culinary world helping her mother manage a full service food catering business. She eventually started her own food business and was the owner and cook for two and half years. In 2003, she started a cooking club for girls (ages 8 -13 years) in Mississauga. Some of Barbara's favourite things to do include cooking and baking from scratch, and preparing meals for hungry people. The saga of Barbara's culinary adventures continues in her Toronto home kitchen as Michael's wife and mom of their 12 children.

REGISTER NOW! [bit.ly/MOMclasses](http://bit.ly/MOMclasses)

only **\$25** includes **cooking demo**  
+ **meal planning** tools  
**early bird surprise + food raffle + handouts**

All proceeds go to Promotion of Education and Values (PEV) a non-profit organization supporting women of all walks of life.  
[www.pev.ca](http://www.pev.ca)