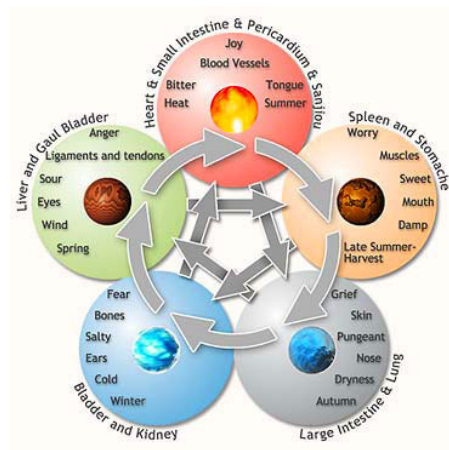


Saturday, 15<sup>th</sup> March 2014

14.00h

Kochschule Dorf, Würenlingen

## THE 5 ELEMENTS NUTRITION



**Andreas Tinner** has been a cook for many years. He has worked in big hotels as well as in a clinic as diet chef.

The nutrition based on the 5 elements is very old and part of the Traditional Chinese Medicine (TCM). After the basic information, we'll cook something following the rules of the 5 elements nutrition.

Numbers are limited to 16. Please register with Gaby until

**Friday, 7<sup>th</sup> March 2014**

Tel.: 056 281 26 38 or e-mail: [g\\_pauk@yahoo.com](mailto:g_pauk@yahoo.com)

Cost: members ca. Fr. 20.-/person

non-members: additional Fr. 10.-

**NB.** All events which are organized by members of ESC Baden / Brugg are not covered by insurance. Neither ESC Baden / Brugg nor the organizing members assume any liability whatsoever. Insurance against accidents, third part liability and other risks is the sole responsibility of the participant."