



- L&T staff report

Tired of diets that restrict you to half-plate meals? Foods that isolate you from family and friends? Meals that leave you hungry?

You can lose weight, live healthier and still eat a full plate at each meal. Sound interesting?

The Full Plate Diet is for everyone who wants to live life to its fullest. Come and join us for this simple and free course.

We'll meet at the Classy Rack at 218 S. Kansas Ave. on four consecutive Sunday afternoons starting Feb. 9. The class will be conducted in English at 3 p.m. and in Spanish at 5 p.m.

It will last approximately an hour and a half and includes food samples and recipes. To register, e-mail [ClassyRackThrift@gmail.com](mailto:ClassyRackThrift@gmail.com), or call 624-2775. You can also register in the store.

## **Classy Rack to host free course on Full Plate Diet**

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This class is made possible by your purchases at the Classy Rack Community Thrift. Contact Peggy at 624-2775, or e-mail [ClassyRackThrift@gmail.com](mailto:ClassyRackThrift@gmail.com) for more information.