

You are invited to a **CULINARY EXPERIENCE** to learn to make a **QUICK** and **DELICIOUS** meal in less than 30 minutes!



Bring a friend, come on-time and be ready to eat!

Let me give
YOU 183!

If I could give you back 30-minutes a day (*that's 183 hours a year*) would you be interested?

Come find out how to make meal-time quick, easy and more healthy!

Hosted by, _____

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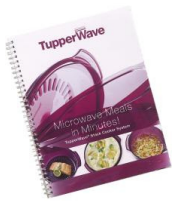
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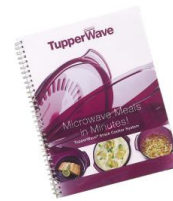
Join me for a
**Microwave
Cooking Class!**

Date:
Time:
Host:

*You will be amazed at what
you can cook in the microwave!*

RSVP:

Your Tupperware Contact:



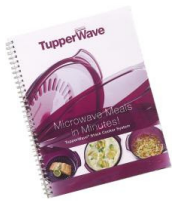
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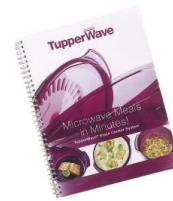
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