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BEST Cooking Store



5 Straight Years  
2006-2010

# Cookin Stuff's SHAPE UP SATURDAY

## Meet the Area's Premiere Health & Fitness Authorities

August 14 from 11am-3pm



Shannon Hammer signs her  
Book *The Positive Portions  
Food & Fitness Journal* as  
seen on FOX NEWS!

Discuss Your Fitness Challenges &  
Goals With Personal Trainers Trent  
and Vikki Mitchell



THE  
**POSITIVE  
PORTIONS**  
FOOD & FITNESS  
JOURNAL



*Daily Inspiration for a Healthier You*

Shannon Hammer

### Heathy Food Demonstrations



**FREE PRIZES & FANTASTIC DISCOUNTS ON EVERYTHING  
IN THE STORE - ALL DAY!!!**

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DREAM DINNERS



Stacey Kaats-Baksh  
Owner

22217 Palos Verdes Blvd., Torrance, CA 90505  
(310) 371-2220 [www.CookinStuff.com](http://www.CookinStuff.com)

