

RESTON FARMERS MARKET **COOKING DEMO** *with Chef Cheryl*



Chef Cheryl Beckwith
Dining Services Director, Tall Oaks



PRODUCE • PASTURE RAISED EGGS • ALWAYS CHEMICAL FREE



A SPECIAL COLLABORATION
WITH SHENANDOAH
SEASONAL FARM.

Saturday, June 29 • 8 AM to Noon

Join us at Reston Farmers Market (Lake Anne Village Center, 1609 Washington Plaza W.) where Chef Cheryl will be presenting a live cooking demonstration highlighting fresh produce from **Shenandoah Seasonal**, a local family farm which has used sustainable and organic practices for eight seasons. Cheryl will also be incorporating Shenandoah Seasonal produce into her healthy menu for Tall Oaks residents the following week!

For more information about our booth at the market and our delicious, healthy dining options for seniors at Tall Oaks, contact Leslye Lawson.

703-834-9800 or llawson@talloaksal.com



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Tall Oaks
ASSISTED  LIVING
RISING TO NEW HEIGHTS