



ANNUAL CONFERENCE

MARCH 19, 2022

8:00 AM-4:00 PM



# EAT, PLAY, ZEN

## A DAY OF FOOD, FUN AND FOCUS

**REGISTRATION FEE: \$85.00**

6 HOURS COK (2 HSN, 2 CD, 2 PRO)

INCLUDES CONTINENTAL BREAKFAST, YOUR CHOICE OF LUNCH, AND  
BEVERAGES.

\$75.00 SAME DAY REGISTRATION (NO LUNCH PROVIDED)

### Sessions

(All sessions will be in large-group format)

Kitchen Fun for Everyone: ABC's and 123's of Food and  
Movement from 1-99

Filling Up Your Personal Tank: Fun with Music and Silliness

Zentangle: for Adults & Children

### KAHLER HALL

5440 OLD TUCKER ROAD  
Columbia MD 21044

**MASKS REQUIRED WHILE IN THE BUILDING**

**Registration and payment Link:**

**<https://ticketbud.com/events/4a4cd4e6-8607-11ec-ae03-42010a717019>**

**Registration is due by: March 11,2022**

**Questions: [atlamberti@aol.com](mailto:atlamberti@aol.com)**

**CWO-16030**

# HCFCCA CONFERENCE

## LUNCH CHOICES

### **CHOICE # 1**

ROASTED TURKEY ON MULTIGRAIN WHEAT BREAD WITH LEAFY LETTUCE, TOMATO AND A SLICE OF CHEDDAR CHEESE. CHIPS, A PICKLE AND A CHOCOLATE CHIP COOKIE

### **CHOICE # 2**

HAM ON MULTIGRAIN WHEAT BREAD WITH LEAFY LETTUCE, TOMATO AND A SLICE OF CHEDDAR CHEESE. CHIPS, A PICKLE AND A CHOCOLATE CHIP COOKIE

### **CHOICE#3**

ROAST BEEF ON MULTIGRAIN WHEAT BREAD WITH LEAFY LETTUCE, TOMATO AND A SLICE OF CHEDDAR CHEESE. CHIPS, A PICKLE AND A CHOCOLATE CHIP COOKIE

### **CHOICE # 4 (VEGETARIAN)**

ORGANIC WHEAT WRAP FILLED WITH ORGANIC SPINACH, FRESH-MADE GUACAMOLE AND PICO DE GALLO, MUSHROOMS AND ASIAGO. SERVED WITH A SIDE OF FRESH-MADE SALSA, FRESH FRUIT, AND CHOCOLATE CHIP COOKIE.

### **CHOICE # 5**

CHICKEN, MIXED SALAD GREENS, CHEDDAR, GRAPE TOMATOES, CHOPPED AVOCADO, AND OUR ROASTED CORN AND BLACK BEAN MIX, RANCH DRESSING AND A CHOCOLATE CHIP COOKIE.

### **CHOICE # 6 (VEGETARIAN)**

ORGANIC FIELD GREENS, ORGANIC RED PEPPER HUMMUS, RED AND YELLOW BELL PEPPERS, CUCUMBER, PICO DE GALLO, ASIAGO IN AN ORGANIC WHEAT WRAP. SERVED WITH A SIDE OF BALSAMIC VINAIGRETTE. BOXED WITH FRESH FRUIT AND A CHOCOLATE CHIP COOKIE.

### **CHOICE # 7 (VEGETARIAN)**

MIXED SALAD GREENS, CHEDDAR, GRAPE TOMATOES, CHOPPED AVOCADO, AND OUR ROASTED CORN AND BLACK BEAN MIX, RANCH DRESSING AND A CHOCOLATE CHIP COOKIE.