

A retiree friend who just completed her visit said that by the third or fourth day, she was already speaking Italian. She learned to cook tasty, filling traditional Italian dishes that were healthy and low calorie. She was greatly impressed by the freshness of the ingredients that arrived daily from nearby Italian farms and vineyards.

Prices for a typical eight-day Tuscany cooking experience are around \$3,500, plus airfare per person. The program includes private room and bath, as well as 24 (fantastically delicious) meals and sightseeing tours. For more information, check www.italiancookerycourse.com or other similar internet European and Asian culinary vacation offerings. Buon appetito!