

**FOR IMMEDIATE RELEASE**

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## **The Oz. Debuts Exclusive Cooking Classes for Healthy Fine Dining**

*Executive Chef Timothy Jones Shares Expert Tips for Healthy, Organic Cooking*

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*Bethesda, MD* – **The Oz.**, a unique **Zen-themed restaurant** that centers its offerings on healthy fine dining, will host four exclusive cooking classes that focus on preparing simple, health-conscious cuisine. Led by **Executive Chef Timothy Jones**, these exceptional cooking classes will utilize techniques that summon the natural flavors of fresh, local ingredients to create healthy-alternative meals.

Executive Chef Timothy Jones was trained at the Culinary Institute of America and is especially experienced in the preparation of healthy, organic cuisine. Jones boasts exceptional experience in the hospitality food industry with stints at with the world-famous Waldorf Astoria, as well as at The Four Seasons Resort Palm Beach, a five-star, five-diamond property with south Florida's only five-diamond restaurant. Jones also opened the elegant Regent Wall Street, New York's only five-star, five-diamond hotel in the financial district. With over 20 years of experience, Jones brings dedication and professionalism to his position at The Oz.

Scheduled cooking classes at The Oz include:

- **“Mother / Daughter Cooking” – Saturday, May 10 from 2:00 pm to 5:00 pm**  
Share a culinary experience with one of the best cooks you know – your mom! Celebrate Mother's Day with a cooking class on preparing memorable summer salads and soups.
- **“Thrill on the Grill” – Saturday, June 14 from 2:00 pm to 5:00 pm**  
Celebrate Father's Day on the pool deck with a cooking class on barbecuing meats using spice rubs and marinades. Get ready to fire up the grill and chill a couple of cold ones!
- **“Healthy Entertaining” – Saturday, September 20 from 2:00 pm to 5:00 pm**  
Impress your friends with healthy entertaining without sacrificing elegance or taste. Get recipes, planning tips, and all your entertaining questions answered!

- **“Healthy Holiday Dining” – Saturday, November 15 from 2:00 pm to 5:00 pm**  
In recognition of Diabetes Awareness Month, learn to enjoy holiday festivities without the unwanted calories. Learn to tackle a turkey, master mash potatoes, and secure the secrets of stuffing!

Participants will receive free parking, chef’s aprons, expert recipes, and a special commemorative gift. There will be a limit of 12 people per session, and couples are encouraged to register. If participants book three cooking sessions, the fourth one is free!

**WHO:** Executive Chef Timothy Jones

**WHAT:** Health-Conscious Cooking Classes at The Oz.

**PRICE:** \$50 per person, per class

**WHERE:** The Oz. at Doubletree Hotel Bethesda  
8120 Wisconsin Avenue  
Bethesda, Maryland 20814

**REGISTER:** To register please call 301-664-7300

For more information about The Oz. at Doubletree Hotel Bethesda, please visit [www.doubletreebethesda.com](http://www.doubletreebethesda.com).

**ABOUT THE OZ.**

The Oz. is a unique, Zen-themed healthy fine dining establishment located in the heart of downtown Bethesda. Centering its offerings on mental and physical well-being, The Oz. uses only quality ingredients from local growers that are mostly organic and contain no preservatives. At The Oz., calorie conscious appetizers, salads, flatbreads and desserts are all less than 495 calories. All proteins are priced and served by the ounce, and desserts are “served by the spoon.”

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