"EATING WELL"

NEW: Vegetarian Healthy Eating Seminar
Sunday, October 30, 2011 at 1 p.m.
with Christina McGeough, Certified Diabetes Educator and Marlene Romeo, Instructor / Chef

REGISTER TODAY
We hope you had a great summer, but now its time once again to get cooking. A New Series of the popular Vegetarian Seminars sponsored by REACH-NYC will begin in a few weeks.

In addition, we will begin having classes at our new location in the Greenwich Village section of New York City.

On Sunday, October 30, Christina McGeough, MPH, Certified Diabetes Educator, CDE and her team member, Chef Marlene Romeo, will be back with an all-new Vegetarian Cooking demonstration and food tasting. Are you hungry? You better be, but don't forget to eat a good breakfast before you come.

These fun and exciting seminars feature wonderful techniques and tested recipes with a focus on good taste and healthy meal preparation. Top photo shows staff member Molly Conley with chef Marlene Romeo serving some of the delicious food that is prepared at each seminar.

This seminar will be the 9th in a series of vegetarian cooking demonstrations all of which have been sold out. Those who have attended simply love each class. You can join the fun by printing and filling out the coupon below and mailing it to: REACH-NYC, P.O. Box 651, North Salem, NY 10560.

When you register early, it helps us to better plan the food for each class. Although the classes are free, we do ask that you support these programs by registering and making a donation of $25.00 per person to offset the expense of the food that will be served. This is a great opportunity to learn about healthy eating and also to invite your friends and neighbors to an excellent program. Print and mail the coupon below today to secure a place at this seminar. Please make your check payable to "REACH-NYC."

Or register by email by writing to: reachnyc.contact@gmail.com to register for the October 30th, 2011, class. Each class begins promptly at 1 p.m. and is held in a sunlit room on the
street level at the Adventist Book Center lobby, 12 West 40th Street, NYC.

We are looking forward to seeing you and perhaps you can invite a friend to join you and sponsor them to this upcoming seminar. You will have fun learning about good nutrition.

Send in your registration fee and coupon today!

SPECIAL NOTICE: REACH-NYC has secured space in a wonderful new venue located in the heart of one of the best neighborhoods in New York City, Greenwich Village. With a kitchen, a great lecture room and space for delicious tasting’s and inspired lectures, we look forward to begin having demonstrations there in the near future.

If you would like to be notified of upcoming programs at this new location, please fill-out and send in the coupon below.

Christiana McGeough, MPH, Certified Diabetes Educator, CDE, explains the positive benefits of eating healthy foods and physical activity. She will be available to answer your questions as well as provide a focused seminar on choosing good "Power Foods."
Click on the link below to view the REACH-NYC website:
reach-nyc.com

I want to register for the next seminar and vegetarian cooking class.

Name: __________________________
Email: __________________________
Address: _________________________
Apt: _____________________________
City: _____________________________
State: __________________ Zip: __________
Best Contact Phone: ___________________
Occupation: _______________________
Interests: _________________________

Please check below to indicate the classes you are registering for:

☐ I am registering for the Sunday, October 30, 2011 Class “Eating Well” to be held at 40 West 11th Street, NYC

☐ I am interested in classes that are being planned at your new location in Greenwich Village at 232 West 11th Street, NYC

Please let me know of future seminars and health lectures.

To register send a check for $25.00 made out to “REACH-NYC” and mail to:
REACH-NY / Veggie Seminars
P.O. Box 651
North Salem, NY 10560

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Vegetarian Tasting and Healthy Eating Seminar

Sunday, October 30
1 p.m. - 3 p.m.
12 West 40 St. NYC

“EATING WELL”

Presenters:
Christina McGough, MPH, Registered Dietitian, Certified Diabetes Educator
and Marlene Romeo, Chef

Seminar includes lecture, cooking demo, food with recipes on healthy eating and living!
This popular series begins here on Oct 30, 2011
Space is limited:
To register send a check for $25.00 made out to “REACH-NYC” and mail to:
REACH-NYC / Veggie Seminar
P.O. Box 651, North Salem, NY 10560
or write: reachnyc.contact@gmail.com

“Much of what we know about the health benefits of a vegetarian diet is based on studies of Seventh-Day Adventists, who mostly eschew animal products, alcohol, tobacco as well as meat. Those who don’t reportedly live longer. - Michael Pollan, Author - In Defense of Food: An Eater’s Manifesto

REACH NYC
REACH OUT TO GOD
REACH OUT TO EACH OTHER
REACH OUT TO NYC

REACH-NYC / PO BOX 651 / NORTH SALEM, NY 10560
reachnyc.contact@gmail.com / www.reach-nyc.com
Help REACH-NYC grow and reach out to the people of New York City. PayPal is a safe and easy way to donate to REACH-NYC.

Just click on the PayPal button above.

Thank you for your contribution* to REACH-NYC and for helping to meet the needs of others.

*All donations are fully tax deductible.