"Munch On!"

Don't forget to chew your food and don't forget to attend this special event!

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

- Please Forward This Invite To A Friend -
In a few days, we will be having our first of the season, "Eat Well" Vegetarian Seminar.

It will be fun, delicious and very informative. The hippest people in the world are going vegan - why not you. A New Series of the popular Vegetarian Seminars sponsored by REACH-NYC will begin this Sunday, October 30 at 1 p.m. - 3 p.m. Join us and let us know you are coming.

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

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.

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. 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.

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 write us at: reachnyc.contact@gmail.com
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."
Vegetarian Tasting and Healthy Eating Seminar

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