THE CENTER FOR CREATIVE URBAN MINISTRY
232 WEST 11 STREET, NYC

Special Event / Guest Doctors
Special Guest Speaker from Australia:
It All Happens at Historic
Manhattan Seventh-day Adventist Church
This Weekend.
The Seminar even a hurricane could not stop is on!

Announcing The Next REACH-NYC Sponsored Vegetarian Plant Based Seminar
This Sunday, November 11, 2012 / 3:00 P.M. - 5:00 P.M.
In The Health Seminar Kitchen of Historic Manhattan Seventh-day Adventist Church
232 West 11th Street, NYC
Register Today at: reachnyc.contact@gmail.com

Two Physicians from Mount Sinai Hospital will be with us as guest speakers, so this is an event, that you will not want to miss.

We are excited to have with us Dr. Mira Batra and Dr. Mark Rabiner, who will speak on controlling blood pressure and cholesterol.

Also, a regular guest to our seminars, will share some of her favorite recipes from India!

Join us this Sunday, November 11 at 3:00 p.m. Your heart and your taste buds will thank you for attending.
Below are a few images from our last seminar last month.

Christina Persaud, MPH, RD, Certified Diabetes Educator, Lactation Consultant starts things off at our last Health Seminar held on September 30, 2012.

Christina Persaud details healthy concepts with participants. 35 participants took part in the delicious and educational seminar.
Chef Marlene Romeo begins the demo and tasting portion of the Vegetarian Plant Based Seminar. All the ingredients will be included in the recipe booklet that each participant will be eager to receive. All foods are prepared fresh in the kitchen where busy cooks will chop, slice and dice the tasty ingredients.
Join the group of healthy minded New Yorkers at the next seminar.

Busy kitchen chefs will prepare the meal from recipes that will be given out. It takes many dedicated hands to have a successful seminar. Master Chef Rennis Gardner is seen with a delicious pot of black beans.

REGISTER TODAY
reachnyc.contact@gmail.com
Saturday Morning, November 10, 2012, at 9:30 a.m.
FREE Breakfast with the Word
Study begins at 9:50 a.m.

Join us for a nice, simple breakfast of a healthy whole-grain NYC bagel, fresh fruit, and a hot drink, and wake up your mind with the study of God's Word.

This is a relaxed setting where all are invited to join in, no matter what your faith tradition.

Special Guest Speaker at 11:30 a.m.
James Standish, JD, MBA
Communications Director, South Pacific Division of the Seventh-day Adventist Church, Australia

We meet on Saturday mornings at historic Manhattan Church in the West Village, in an intimate setting we call Cafe Reach: 232 West 11th Street, NYC just a block-and-a-half west of Seventh Avenue. Breakfast is served at 9:30 a.m. Study begins at 9:50 a.m.

See you for "Bible with a Bagel."

Invite your friends.

This free breakfast is sponsored by supporters of REACH-NYC and we thank them.
Donations to REACH-NYC help us in our efforts to reach out to the people of New York City. REACH-NYC is recognized by the IRS as a tax-exempt corporation, and all contributions are fully tax-deductible.*

Contributions can also be made by check payable to: "REACH-NYC" and mailed to: REACH-NYC, P.O. Box 651, North Salem, NY 10560

Thank you for helping the REACH-NYC ministry!

*A receipt will be sent recognizing all contributions at the end of the year for tax purposes.