New Vegetarian Seminar and Cooking Classes begin
Sunday, April 14, 2013
3:00 P.M.
Dear Wendy,

REACH-NYC is having a new series of Vegetarian plant based cooking classes on Sunday, April 14, 2013, starting at 3:00 P.M. Guest chef, Marlene Romeo and Tina McGeough, a Certified Diabetes Educator, and MPH, will be giving a focused lecture on things you can do to improve your health.

This is the third vegetarian cooking seminar this year, and one you will not want to miss. We are excited to offer for a $25.00 donation a great cook book, NATURAL LIFESTYLE COOKING, written and compiled by Ernestine Finley. These easy to follow, healthy recipes will be an added benefit for anyone looking to cook healthy, and delicious meals for themselves and their families.

Your donation will help with the cost of the delicious food samples that are offered at each of our seminars, as well as being able to offer you this outstanding cookbook, that will help put you on the road to a healthy and rewarding lifestyle.

To register for the seminar, just reserve your seat, by sending an email to: reachnyc.contact@gmail.com

This seminar will be amazing, and you will be learning how to not only eat better, but also feel and look better. Tell your friends about this new seminar being held on Sunday, April 14, 2013 at 3:00 p.m. in the healthy eating kitchen auditorium of Historic Manhattan Seventh-day Adventist Church, 232 West 11th Street, NYC, in the heart of the beautiful West Village. Just 1.5 blocks West of Seventh Avenue South.

I look forward to seeing you there. As always the lecture is FREE, but if you can help us with the cost of food, your $25.00 donation will be rewarded with the colorful cookbook, NATURAL LIFESTYLE COOKING. Just getting the cookbook is worth the visit, and with the recipes that chef Marlene Romeo, and the lecture by Tina McGeough will be giving, this is a bargain for your body and your taste buds.

May God richly bless you with peace and joy in your life.

Best regards,

Tony Romeo, Coordinator / REACH-NYC
Tina McGeough, MPH, shares her knowledge of good health and nutrition.

Samples of delicious food is served at each Vegetarian Seminar and cooking class.
Chef Marlene Romeo will demonstrate the art of healthy cooking and eating.

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 for tax purposes.