TODAY May 5 at 3:00 p.m.
and other great seminars in the
Month of May.

from REACH-NYC.

Vegetarian Cooking Classes / Katia Reinert /
Dear Wendy,

Just a reminder that today, SUNDAY, May 5 at 3:00 p.m. A new vegetarian seminar and cooking class will begin, with great tasting food and wonderful new recipes, and a chance to win a free cookbook at the end of the seminar, along with new ways to learn to eat healthy.

On May 18, 2013 meet Katia Reinert who will be speaking on "Brain Health", and on May 20 meet Mark and Ernestine Finley live and in person in New York City at Historic Manhattan Seventh-day Adventist Church.

We have so many exciting programs for you in May, NYC will be HOT with exciting learning experiences for you to take part in.

Talk about a town that "never sleeps." REACH-NYC is bringing you outstanding programs for you and your friends to enjoy.

Do some scrolling right here and see how many great events you can fit into your calendar.

May God richly bless you with peace and joy in your life. I look forward to seeing you at one of the great events listed below.

Best regards,
Tony Romeo, Coordinator / Pastoral Counselor / REACH-NYC

romeo.anthonyj@gmail.com

TODAY:
Vegetarian Seminar and Cooking Class, starts today, Sunday, May 5, 2013
These new classes will be held at the Healthy Eating Kitchen of Historic Manhattan Seventh-day Adventist Church, 232 West 11th Street, NYC in beautiful Greenwich Village, 1.5 blocks West of Seventh Ave. South.

Another FREE Seminar sponsored by REACH-NYC

Register at: reachnyc.contact@gmail.com
Special Guest Appearance:

Katia Reinert

Saturday, May 18, 2013,
11:30 a.m. and 3:00 p.m.

Historic Manhattan Seventh-day Adventist Church, 232 West 11th Street, NYC
1.5 blocks West of Seventh Ave. South in the West Village, NYC

Katia Reinert, speaking on:

Brain Power!
Improving Your Mental and Emotional Health.

Saturday Morning, May 18, 2013 / 11:30 a.m.:
Developing Resilience in a Broken World.
Saturday Afternoon, May 18, 2013 / 3:00 p.m.:
Overcoming Depression and Anxiety.
And
Improving Emotional Intelligence.

About Katia Reinert, MSN, CRNP, FNP-BC, PHCNS-BC, FCN

Ms Katia Reinert is a Family Nurse Practitioner and Public Health Clinical Nurse Specialist with training in depression treatment and the integration of faith and health. Prior to accepting the call to serve as the Health Ministry Director for the Adventist church in North America she was the Health Ministry Clinical Supervisor and Faith Community Nurse Coordinator for Adventist HealthCare. She also has practiced internal medicine as a Family Nurse Practitioner Takoma Park, Maryland, diagnosing and treating a culturally diverse patient population.

Ms Reinert holds a Bachelor of Science in Nursing from Washington Adventist University, and a Master of Science in Nursing from Catholic University of America, with focus in public health and the treatment of vulnerable populations. She is currently pursuing a PhD in Nursing at Johns Hopkins University in Baltimore as a NIH/NICHD pre-doctoral research fellow in Interdisciplinary Research On Violence in the Family.

Ms Reinert has served in the nursing profession at Washington Adventist Hospital for 15 years as a critical care nurse, occupational health nurse practitioner, Faith Community Nursing coordinator and Health Ministry Clinical Supervisor for Adventist HealthCare. In her last role she was involved in medical-religious partnerships mentoring, coordinating and teaching the Faith Community Nursing and Health Ministry Team Building trainings for health professionals and lay ministers.

Ms Reinert has a special interest in Lifestyle and Preventive Medicine in the treatment of physical and mental/emotional disorders. She is frequently asked to do health presentations for women's groups and congregations in the US and abroad. She has a passion for global health and for helping populations across cultures to understand and cope with depression and anxiety through healthy lifestyle and thinking patterns.

Originally from Brazil, Ms Reinert enjoys traveling and exploring the world while doing medical missionary work, and she envisions our churches being a center for healing and restoration where people may achieve mental, emotional, physical, and spiritual wholeness. Her dream is
that all of God's children—regardless of race or country, age or gender, or whatever challenges they face—may experience restoration and an abundant life through God's love and grace, reaching their full potential for service to God and a world in need.

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**REACH-NYC Presents:**

**Mark Finley and Ernestine Finley**

**Health Quest 2013**

**Coming to New York City**

**May 20 - 24, 2013.**

**Special Vegetarian Seminar and Cooking Class** will be featured on **Wednesday, May 22, 2013 at 7:30 p.m.**

Ernestine Finley, author of *Natural Lifestyle Cooking* will be giving the seminar and cooking class.

**An event you won't want to miss!**
Bring your friends to these exciting events with Mark Finley and Ernestine Finley, Live in New York City.
You are invited to attend

Health Quest 2013

Body Mind Spirit & You

Four evenings of life-changing presentations on your physical, mental, emotional, and spiritual health
- Monday, May 20
- Tuesday, May 21
- Wednesday, May 22
- Friday, May 24

Historic Manhattan Church
232 West 11th St
New York, NY 10014
Between Seventh Ave South and West 4th Street. Just 1.5 blocks west of Seventh Ave South, in the heart of the West Village

Beginning at 7:30 p.m.

Health Quest 13 features:
- Vegetarian nutrition demonstrations.
- Practical, scientifically based medical presentations on reducing the risk of heart disease, cancer, diabetes, and obesity.
- Counsel on how to begin a customized exercise program appropriate to your age and abilities.
- Inspirational, highly motivating presentations on the secrets of making permanent changes in your life. You will discover how to strengthen your will and make the positive changes to live a happier and healthier life.

Mark and Ernestine Finley have presented the positive principles of healthful living in more than 50 countries. They are coming to Greenwich Village for four evenings of scientifically based, practical courses on how you can live longer, increase your energy, be more productive, experience better health, and live a more spiritually fulfilling life.

During Health Quest 13, you will discover the ancient health secrets of the Bible confirmed by 21st-century research presented in an entertaining and informative way to make healthy living enjoyable. You will also discover the source of spiritual power to live the life you really want to live but may not feel you have the power to achieve. Be sure to attend these four evenings, which may revolutionize your life.
Health Quest 2013 will be held at Historic Manhattan Seventh-day Adventist Church,
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.