Dear Wendy,

It's been a while since I spent some time writing to you, but now that summer is coming to an end, we are getting back to the swing of things here at REACH-NYC.

To start things off, we are planning a new series of Vegetarian Healthy Living and Eating Seminars, that will be held on Sunday, September 29, 2013 starting at 3:00 P.M. - 5 P.M. In this new series, we will be sharing some healthy living concepts, along with some great recipes that you will love to make for yourself and your family.

The plan is to have these seminars, as we have in the past, each month, so you can invite your friends to come with you, and enjoy the fun and learning experience that each seminar brings. You can register for this next Seminar by sending
Registering helps us plan how much food to prepare and how many guests we can expect. Chef Marlene Romeo has become a real lover of Kale for over a year now, and has prepared some amazing meals in the past, and will share some other great recipes at the next seminar, so be sure to reserve your place today.

On a recent trip to Florida, my wife and I drove hundreds of miles past signs that offered "The Best Tasting Chicken on Earth." Other signs promised, "Burgers Next Right." It seems that the only food available from New York City down through New Jersey, Virginia, South Carolina, Georgia and Florida, was fried food, and thousands of pounds of fried, grilled and pulled chicken.

Marlene and I had a good laugh, when I told her that it would be great if Americans had better choices in their fast food. I mentioned to my wife that it would be interesting to see signs that said “Great Tasting Avocado Salad - Next Exit." Or "Best Fresh Kale Smoothie - Exit 29 East." However there was no such signs on 95 South.

Well, there may not be healthy food on the Interstate, but there can be great tasting food and healthy choices as your next meal. Join us for this seminar and see what healthy eating can do for you and your family. Scroll down to the invite and announcement below and share this email by forwarding it to a friend.

I look forward to seeing you soon.

The New Series of Vegetarian Seminars begin, Sunday, September 29, 2013, sponsored by REACH-NYC and are being held at the Healthy Cooking Kitchen of Historic Manhattan Seventh-day Adventist Church, 232 West 11th Street, NYC, in the heart of the beautiful West Village. Located 1.5 blocks west of Seventh Avenue South.

May God bless you with peace and a calm spirit.

Best regards -- Tony Romeo
FREE
VEGETARIAN PLANT BASED
HEALTHY LIVING SEMINAR AND
COOKING DEMONSTRATION.
Sunday, Sept. 29, 2013 | 3 - 5 PM
In the Healthy Cooking Kitchen of
Historic Manhattan Seventh-day