Wendy

Reminder...Food Lover...

STARTS THIS SUNDAY... NEW VEGETARIAN HEALTHY EATING SEMINAR

Another great gathering is taking place this weekend at a REACH-NYC sponsored event, 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.
A New York City doctor from one of the finest hospitals in our area will be making a special presentation, and take your questions on the vital subject that will be presented. As usual, there will be great food to sample, and some wonderful new recipes to try.

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 an email to: reachnyc.contact@gmail.com

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 this seminar, so be sure to reserve your place today.

I look forward to seeing you soon.

New Series of Vegetarian Seminars begin this Sunday, September 29, 2013, are sponsored by REACH-NYC and are being held at 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
Enjoy great samples of food like this at the Vegetarian seminar this Sunday, Sept. 29, at 3:00 p.m.

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.