45 Hungry New Yorkers, Munch, Chew and Burp at Vege Seminar!

New York City, September 29, 2013: News Brief

This past Sunday, September 29, 2013, we were pleased to host over 45 New Yorkers who attended the latest Vegetarian Healthy Eating and Cooking Seminar sponsored by REACH-NYC.
We had made reservations for 22 people who had responded to the advertising for this popular monthly event, held at the Healthy Eating Kitchen located at a venue that we use at Historic Manhattan Seventh-day Adventist Church, in the center of beautiful Greenwich Village, New York City.

25 seats were set-up for the expected group of participants, but soon after the start of the seminar, there were 45 New Yorkers who evidently, enjoyed the aroma coming from the kitchen and joined the group. It was one of the largest seminar’s attended and held in the West Village location.

M.K. Batra MD, who works as a physician with the Lutheran Family Health Centers in NYC, joined our team, sharing with our guests the important tests that need to be taken to assure good health, and important information concerning optimum health. Dr. Batra first attended one of our seminars as a guest, invited by her colleague Maria Alvarez, a REACH-NYC team member who works as a nurse with Dr. Batra. Batra was so impressed with what she heard, that she returned with another doctor and colleague. She is now a valued lecturer at our seminars.

Part of the 45 attendees who enjoyed Dr. Batra explain how to maintain good health.
Chef Marlene explains the recipe for a healthy Banana Pie. It was amazing, and healthy!

Organic sprouted ingredients and various vegetarian ingredients made for a wonderful tasting salad, with a special sauce that was enjoyed by all the participants.
The REACH-NYC Vegetarian Seminar team who helped with all the food preparation and
clean-up. They chopped, mixed, washed, and helped prepare all the delicious and nutritious
food.

Two Vegetarian Cookbooks were given away after the seminar, and the freshly
made Banana Pie was won, by one of our guests who said, "I just want to say, how
wonderful it has been to attend this seminar. This is exactly what I was looking for." 
Everyone agreed with a resounding applause for what they had just enjoyed.
Be sure to tell your friends and neighbors about our monthly Vegetarian Healthy Eating and Cooking Seminar. We will announce our next seminar soon. Until then, choose your foods carefully and make wise food choices.

A special thanks to our many REACH-NYC supporters who help sponsor these events. Without your help, it would be impossible to continue our outreach to the wonderful people of the City of New York.

May God bless you with peace and a calm spirit.

Best regards -- Tony Romeo

Upcoming Event:
Young Professional’s Discussion at Cafe Reach.

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.*

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Thank you for helping the REACH-NYC ministry!

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