

THE MAUI LIGHT COOKING DEMO: 7 WAYS TO PERFECT HEALTH

A PRESENTATION BY

CATHERINE BLAKE, BA, BD



In this Maui Light cooking demo you will learn how and why to choose food that will be perfect for your overall well-being. We all make food choices daily, but are these choices good for us in the long run? Learn quick, healthy and yummy recipes to impress your loved ones. Discover tricks and tips for streamlining meal preparation. Ono taro leaves soup, apple-celery-ginger Wake-Up juice, Best Friends, and toasty garlic gomasio will delight you and keep you well. Create a healing kitchen in your own home!

SATURDAY, FEBRUARY 18, 7 P.M.

MCCOY PAVILION

ALA MOANA BEACH PARK

Maui — Ms. Blake will also be speaking on Maui on Thursday, February 16th, at 6:30 p.m., at Down To Earth ALL VEGETARIAN Organic & Natural (Upstairs), 305 Dairy Road in Kahului.



Vegetarian Society of Hawaii

Join Us!

For more info call 944-VEGI (8344) or visit VSH.org

Televised chef Catherine Blake, BA, BD, has been preparing whole food, plant-based meals daily for over 20 years. With backgrounds in nutrition and natural healing she has been a Kitchen Health consultant since 1990. In 2007 she earned a certificate in nutritional biochemistry. Catherine has been teaching healthy cooking classes at the University of Hawaii on Maui, VITEC program, since 2008. Catherine is author of *Healthy Recipes for Friends, Soothing, Simple, and Pure*. She lives on Maui with her husband Steve, 4 cats, 20 hens, 15 roosters, and visiting feral pigs. <http://naturalhealthwizards.com/about-us.html> or mail@naturalhealthwizards.com

FREE Admission & Refreshments

Refreshments courtesy of Down To Earth.