

The Green Gourmet Approach to Food and Well-being

Presented by Ann Miller-Cohen, aka Organic Annie

Gluten- and Dairy-free

Meets 1 Saturday/month, at **The Spring**
200 Brooklea Drive, Fayetteville, NY

\$25/class or 4 classes for \$80

Join us for a relaxed and nurturing exploration of common health issues and some dietary solutions. Some of our topics will be: What's a green gourmet and how can it improve the quality of your life? What are some of the most beneficial foods on the planet and ways to prepare and consume them for greatest value? How can you be sure of which foods and lifestyle changes are best for you?

Each class will include a discussion of natural health issues, healing foods and a demonstration of preparation techniques. All foods are gluten- and dairy-free; and suitable for a low sugar diet. There will be tasting and recipes to take home. You will learn some easy ways to look at your own eyes for signs of health and healing. Ann will demonstrate self-muscle testing techniques and encourage you to experiment to find the one that you like best. Join us for a fun and fascinating experience.

Ann is a natural health coach, a certified iridologist and author who has studied and worked in the field of natural health for over 30 years. Her books are: *Organic Annie's Natural Health Tips* (2000), *OA's Fresh Tastes for Breakfast* (2005), *OA's Green Gourmet Seasonal Recipes PDF* (2009) and, coming soon, *OA's Traditional Breakfasts with New Twists*.

Call Annie at 315-491-0629, for questions, or The Spring at 315-637-7778, ex. 102, to register.

Class dates

December 5th, 2009—1:00 to 3pm

January 16th, 2010—1:00 to 3pm

February 6th, 2010—1:00 to 3pm

March 6th, 2010—1:00 to 3pm