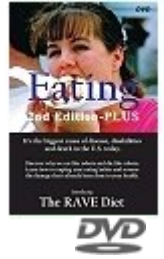




You are invited to attend Everyday Healthy Eating Get started on the road to a better healthier you!



- How to incorporate more plant-based meals into your lifestyle
 - How to create a personalized 7-day menu plan in class
 - Lots of recipes to take home
 - Learn how to have more energy, sleep better and look better with healthy changes to your diet.
 - How animal agriculture damages the environment
 - Where to get your protein, calcium, iron, B12, and other nutrients from plant sources
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- Make new friends and mingle with people who are practicing holistic life style.
 - Win a door prize, a DVD: "Eating" - demonstrates how our eating habits are affecting our health and the planet.
 - Win a copy of recipe book - CalciYum! by David & Rachelle Bronfman - all plant-based recipes rich in calcium.



Presenter: Nimisha Raja is an environmentalist, writer, speaker and a personal consultant. She specializes in educating people on the connection between food choices and their impact on the environment. Nimisha inspires people to choose a healthier, ecological, compassionate lifestyle through a series of workshops, seminars and cooking classes. She is a regular chef at Loblaws cooking schools and a heart health speaker for the Physicians Committee for Responsible Medicine (www.pcrm.org). Visit <http://www.evolvingappetites.com/>

Date and Time

Thursday, November 27 from 5:30 pm to 8:30 pm (Registration at 5 pm)

Location

Rexall Centre (Weston Produce Plaza) 9625 Yonge Street (east of Yonge at Weldrick Road.), Richmond Hill, L4C 5T2. Please see the event page to get driving directions.

Event Websites

<http://meetup.com/Friends-of-Heart/calendar/9016032/>

Registration & Inquiry

Your investment- \$36. Limited to 20 attendees only so register IMMEDIATELY.

R.S.V.P. at <http://meetup.com/Friends-of-Heart/> to reserve your seat.

Send an email to Max Haroon (max@FriendsofHeart.org) or call 416-891-4937.

The event is organized by Friends of Heart, a not-for-profit, community group in Richmond Hill.

Friends of Heart is a collaborative group of kindred spirits that empowers life by sharing our cumulative knowledge and wisdom. Our focus is the body/mind/soul entity and raising awareness.

Become a member at: <http://meetup.com/Friends-of-Heart/>

Tell your friends about this event! And, help them to be transformed ...



Review Audio-Video blogs of previous events at: www.FriendsofHeart.org