

Eating for Health

Whole Foods Cooking Classes

Dr. Tina Zigo, N.D. and Sue Muro, HHC, invite you to our "Eating for Health" cooking classes. Our **whole foods cooking demonstrations** focus on **seasonal, fresh ingredients** that are not processed and full of chemicals.

We'll teach you how to put together delicious foods for you and your family that are **quick and simple** to make. You'll learn invaluable **time saving tips, menu ideas, cooking methods,** and **the many benefits of these tasty foods.** Best of all you'll we'll eat together at the end.

Dr. Tina Zigo is a Naturopathic Physician in Monroe and Sue Muro is a certified Holistic Health Counselor and the Market Master for the Monroe Farmers Market

October 1
BAKING AND COOKING WITH NATURAL SWEETENERS

October 15
NOURISHING SOUPS

October 29
DEMYSTIFYING TOFU AND TEMPEH

November 5
THANKSGIVING SIDES

December 10
GUILT FREE HOLIDAY TREATS AND MEALS

The lectures will be held from 7:00 p.m. – 8:30 p.m.
Center for Natural Healing, 188 Main St., Monroe
Cost: \$30.00 per session

Children's Class:
BREAKFAST FOR BRAINPOWER
Ages 9-14
Saturday, Nov. 1 from 3:30 – 5:00 p.m.

For More Info contact: Dr. Zigo (203) 268-1336; or email us at c.healing@sbcglobal.net
(classes fill up quickly)