



Veg-Appeal

Experience the power of healthy and whole foods



March 2011

Upcoming classes by Veg-Appeal

- **Saturday, March 5, 2011,**
1:00 - 3:30 pm - Kearny Mesa,
"Cooking and Eating for Bone Vitality"
- **Saturday, April 30, 2011,**
1:00 - 3:30 pm - Kearny Mesa,
"Plant-Powered and Planet Friendly"



Who Are We?

Veg-Appeal, LLC was created to share with others the joy & simplicity of eating whole plant foods to achieve optimal health & energy. We offer presentations and cooking demonstrations that show how easy the quest to achieve these goals can be. To learn more about Veg-Appeal classes & services, please visit our website,

<http://www.veg-appeal.com/>.

Contact Veg-Appeal at:

(619) 263-2165 - Marge, or
info@veg-appeal.com



"Cooking and Eating for Bone Vitality" - March 5

•Saturday, March 5 – 1:00-3:30 PM

There is so much more to bone health than the well-publicized "calcium builds strong bones" message. This class focuses on the wide range of plant-based food sources for calcium AND on the equally important supporting nutritional actors for bone health. We will demonstrate how diversified your choices are with some very exciting recipes. For a morning power punch, the "Green Goddess Breakfast Drink" could not be more delicious. For lunch or dinner choices, the "Tuscan Beans and Greens," "Lentil and Quinoa Salad," "Broccoli and Bok Choy with Baked Tofu," and our "Veg-Appeal Patty" are jam-packed with nutrients important for bone health.

This class offers invaluable information that will help you make informed choices for healthier bones. Join us for a fun-filled afternoon of learning something new, sharing ideas, and sampling some very tasty dishes.

Cost: \$35. Be sure to take advantage of our reduced price of \$30 if payment is received by March 3.

Registration:

1. **Pre-registration is required.** Pre-register by e-mail: Send your name, phone number and e-mail address to info@veg-appeal.com to reserve your space.
2. Please send your check by **March 2nd**. Make check payable to "Veg-Appeal" and send to: **Marge Wurgel, 6448 Scimitar Drive, San Diego, CA, 92114.**
3. Directions and other information will be sent after your check is received.
4. If payment isn't received by **March 2nd** directions and other info will be sent and \$35 will be collected at the class.

April 30 – 1:00-3:30 PM "Plant-Powered and Planet-Friendly"

Our food choices have a profound impact on the health of the planet, as well on our own health. We all eat, usually at least 3 times a day, so this gives us the daily opportunity to make healthy choices for us and for the earth. We will show you how to eat for health, vitality, disease prevention, longevity, and planetary health. What produce is grown locally? What is presently in season? This class focuses on what's being produced locally, with tasty recipe ideas, especially helpful for CSA (community supported agriculture) followers.

Healthy Eating Isn't the Whole Picture

One step in creating a sustainable lifestyle for our health and that of the planet is eating a plant-powered diet. Many other actions also contribute to living well on Earth. Mark your calendars for the April 2 "Awakening the Dreamer, Changing the Dream Symposium" to be held in San Diego. This powerful program is a profound inquiry into a bold global vision: to bring forth an environmentally sustainable, spiritually fulfilling and socially just human presence on Earth. You will gain fresh insight about our world, meet like-minded people, find hope and inspiration and leave clear how you can help create a new future. To register, go to www.awakeningthedreamer.org/symposium/2048.

