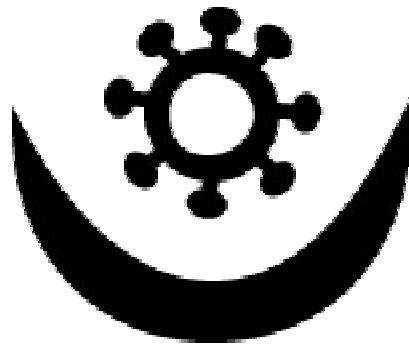


Cooking Classes with Melanie



Join Melanie for a series of lively classes that are packed with English charm and wit and full of stories and information drawn from real life experiences.

Cost for each class is \$45.00.

Classes begin at 10.00am in Lionville (near Exton), PA.

Please register early because class size is limited.

email at – info@celebrate4health.com web

site:www.celebrate4health.com

Spring Series: Learn how to create wholesome, nutritious meals that support and heal the body, mind and spirit. Each class teaches you how to use organic living foods; vegetables, grains and natural products that are in harmony with the season and environment. No animal or dairy products, sugar or refined foods are used. In addition you will receive nutritional information and advice, and get to enjoy all the dishes at the end of the class. Each session lasts about 2 1/2 hours.

Quick and Easy Dishes on April 22nd

Healthy cooking doesn't mean you have to spend hours in the kitchen. Learn delicious, easy to prepare dishes that will give you strength, vitality and health.

Hands on Cooking on May 6th

Join Melanie for a unique 'hands on' class. You will take part in every step of the meal preparation. This class is a wonderful way to refine your skills and really understand the finer aspects of cooking. A complete meal will be made. Please remember to bring knife, apron and cutting board

Brilliant Breakfasts on May 20th.

Learn delicious dishes from whole oat porridge to orange walnut pancakes. Understand the power of a healthy breakfast and what foods give you that uplifting, lively energy ready for the day ahead.

Sumptuous Salads on June 10th

Join Melanie and learn how to make a variety of awesome salads ideal for the warm weather ahead. We will prepare grain, bean, noodle and vegetable salads with great dressings! Please remember to bring knife, apron and cutting board. Sign up early, as this class will fill up quickly.

Cool Summer Cooking on June 24th

Learn marvelous ways to stay cool in the hot months of summer. This class will demonstrate a variety of cooking styles, dishes and ingredients that will also help you to keep strong and energetic while the sun is shining.

Other Events

June 28th – July 4th London UK, Cooking Class time and location to be announced

August 5th – 11th Kushi Institute Macrobiotic Summer Conference at Babson College

Wellesley, Massachusetts. Melanie will be offering cooking classes and counseling