
Cooking Classes with a Purpose: Hands-On Education to Bring HEALTH BACK into YOUR HOME!

At no period in our history have American's been so concerned about health yet at the same time eaten so poorly and been haunted by so many **preventable** diseases.

In spite of the fact that the US currently spends about **1.5 trillion dollars** for healthcare, a number projected to double in less than ten years, our country is plagued by cancer, heart disease, diabetes, insulin resistance and endless degenerative diseases. Nearly 45% of our children are overweight or obese, and 1 in 3 born after the year 2000 will develop diabetes over the course of their lifetime. In 2001 half of all bankruptcies were the result of medical related issues. Said another way, our national health is in peril.

We say enough is enough!

It does not have to be this way. There are dozens of **simple steps** every family can take to improve their health by improving their nutrition. We would like to help you identify and implement these solutions into your life. And, we want it to be a fun, educational and supportive experience through which you can learn how to:

- ◆ Avoid getting duped by food marketing ploys promoting junk as healthy food
- ◆ Avoid nutrition myths that could be totally derailing your efforts to eat healthy meals
- ◆ Read and make good decisions from nutrition labels
- ◆ Identify healthy alternatives to the unhealthy ingredients you love
- ◆ **Select** and **prepare** healthy foods that match your nutrition goals

Take a stand for health in your home!

2-Unique Caterers and Event Planners and **Forget Perfect NOW** invite you on an amazing culinary and educational adventure to learn about buying, preparing and eating healthful foods.

Take a stand for health in your community!

Support a healthy community ... we will donate 10% of our profits from these classes to **The Healthy Traditions Network**, the local chapter of the Weston A. Price Foundation, committed to nutrition education, promoting sustainable farming and helping consumers access locally grown and raised foods.

Don't put your health and wellness off another day

Please join us for our series of unique, engaging and entertaining classes where you will learn to prepare delicious foods while learning what makes them so good for you. Come to one or all... just come! Here is what you will get:

- ◆ Up-to-date information on nutrition and healthy eating
 - ◆ Shopping and cooking tips to maximize both nutrients and flavor
 - ◆ Recipe demonstrations you won't find anywhere else
 - ◆ Samplings of the most nutritious, delicious food you can find
 - ◆ Handouts and recipe packets to support your efforts at home
 - ◆ Information and solutions for issues that are holding you back
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You're invited to join our cooking classes with a purpose...

Let Executive Chef Kelli L. Lewton and her culinary staff will take you on an amazing culinary and educational adventure about preparing and eating healthful whole foods. Enjoy dynamic and enlightening dialogue about nutrition myths, food marketing ploys, and buying local and organic foods and led by Julie Kowalski, Principal at Forget Perfect NOW.

Our Mission:

Our mission is to bring high quality pure foods back into your life by:

- ◆ Teaching techniques and fresh innovative ideas for cooking simply good food
- ◆ Providing current nutrition information
- ◆ Working with **real** foods that nurture, promote health and allow your body to find balance naturally
- ◆ Dispelling myths and marketing ploys that promote unhealthful eating habits

What's on the menu?

Cooking with Real Foods \$49

March 1st 6:00-9:00 pm
March 11th 3:00-6:00

Healthy Soups and "One Pot" Meals \$49

March 22nd, 2007 6:00-9:00
April 15th 3:00-6:00

Making Healthy "Fast Food"

April 29, 2007 3:00-6:00 pm \$49

Scrumptious, Healthy Desserts

May 10, 2007 \$49

How do I register?

Reserve your seat now... space is limited! Call 248-743-2622 or email julie@forgetperfectnow.com

Where are the classes held?

2-Unique Cooking Connections

4303 Delemere Court
Royal Oak, Mi 48073

