



You are invited to spend a day of Networking and Learning,
sponsored by Friends of Heart

OPEN HOUSE: Aug 22

Holistic Cooking Academy of Canada

34 May Avenue (off Yonge Street, two blocks South of Major Mac), Richmond Hill

Lori Nicholas of Holistic Cooking Academy of Canada has assembled a number of Practitioners in the areas of holistic health and cooking, so that you can meet and talk to them.

10 - 11 a.m. Meet Holistic Teaching Chefs.

- Anna Midolo, RHN, our in-house, live blood therapist who will provide a reading for you - \$35.00 for 15 minutes, \$60.00 for a half hour.
Please phone Anna at 905-773-6350 to make your live blood appointment in advance. She is available between 10 a.m. and 4 p.m.
- Frank Reid, a water expert who will answer any questions you may have concerning 13 kinds of water.
- Patricia Watt, RHN. Chapter Leader for the Weston A. Price Foundation, who is providing home brewed ginger ale and beet kvass that can settle any stomach.
- Marnie Wasserman, RHN, of the Bayview Area, a specialist in cancer prevention

11 - 1 p.m. Luncheon Demo

Enjoy our Luncheon demo with **Sandy Clubb**, representative for Salad Master® This waterless surgical stainless steel set of pots and pans are the world's best cookware for flavor, time and cost savings, as well as cancer prevention. Bring a pot from your home to compare taste. Use "the baking soda test." to show members of your family how metal toxicity makes anyone a bad cook. Get rid of bitter metallic flavors, and become the best chef ever.

1 - 2 p.m. Pear Picking & Book Signing

Bring a basket for Organic Pear Picking from three trees. Buy your copy of the Academy's textbook, "Cooking with Herbs and Spices, 5000 years of Wisdom Confirmed by Modern Science."

2 p.m. - 3 p.m. Mix and mingle with many of our special guests.

3 - 4 p.m. - Cutco Knife Demo.

Your Investment

FREE but your donations to the Holistic Cooking Academy Club will be appreciated.

About Holistic Cooking Academy has two locations, one is Carleton (Ottawa Valley) and another is Richmond Hill (Greater Toronto Area). Health kinesiology is included in the cooking classes to help the public better determine their individual needs. Since 2007 the Academy is training holistic teaching chefs with a strong nutrition background to serve chefs and nutritionists in holistic culinary arts. Visit: www.holistic-cooking.com

About Friends of Heart is a collaborative group of kindred spirits that empowers life by sharing our cumulative knowledge and wisdom. We focus on the body/mind/ soul entity and raising awareness. We arrange lectures, book and documentary reviews. We are a not-for-profit community group based in Richmond Hill. Visit: www.FriendsofHeart.org