

Nourish Your Whole Self: A Virtual Cooking Class

Zoom Video Conference



Monday, May 23
5:30-6:45 pm (NY time)

Open to people nationwide who have or have had breast, ovarian or gynecological cancer.

***Pre-registration is required. To register, call, 914-962-6402 or 800-532-4290.
Must register no later than 5 pm (NY time) on Friday, May 20.***

Spring is all about G R E E N S. With the bountiful spring season upon us, our bodies start craving lighter, plant-based meals. To help lighten up your meals, join us for this hands-on cooking class with Susan Chasen, Health and Wellness Coach. We'll share the recipes with you ahead of time. **Register early** so you have time to shop for ingredients and cook along with Susan.

There will be two items on the menu, both gluten-free and vegetarian friendly:

- Zoodles (zucchini noodles) with leafy greens and basil pesto
- A kale salad using antioxidant rich berries.

If zucchini and kale are not your favorite ingredients, no worries; Susan will be able to provide substitutions or alternates to fit your fondness.

Make extra because you (and your family) will be asking for a second helping. No oven required! A question and answer period will follow the cooking segment.

Instructor: Susan Chasen

Susan Chasen is a professionally trained Health Coach who graduated from The Institute for Integrative Nutrition. Her mission is to share the power your food choices have in improving your overall health and wellness. In 2012 Susan founded The Organic Teaching Kitchen, a "teaching kitchen" and organic garden in Croton-on-Hudson, NY.