

Soup's On!

A Cooking Class via Webinar



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

Monday, November 9, 2020 • 1- 2:15 pm (NY time)

Pre-registration required. Call 914-962-6402 or 800-532-4290 no later than 5 pm (NY time) on Friday, November 6

Nothing beats a hot bowl of healthy and delicious soup on a cold day!

Program will include:

- **Cooking demo featuring red lentil soup that's vegan, gluten-free and full of plant-based proteins. (*receive the recipe when you register)**
- **Secrets for enhancing flavor when making homemade soup**
- **Medicinal benefits of spices and nutrient dense ingredients**
- **How to make a hearty meal on a shoestring budget**
- **Tips on stocking your freezer to always have "emergency soup" on hand for when you just don't feel like cooking**
- **Question and answer period**

Instructor: Susan Chasen

Certified and professionally trained health coach
Graduate of Manhattan's Institute of Integrative Nutrition
Owner of The Organic Teaching Kitchen in Croton-on-Hudson, NY