



Hearth to Healthsm
a nourishing idea from field to plate[®]

Four hours in the kitchen that may
change your life

Join **chef Robin Blair** and Field to Plate's **culinary-nutrition expert Amanda Archibald, RD** in the kitchen and start your journey to the best health that food can provide you

June 15, 2013
1:00 – 5:00 pm

Stephanie Tubbs Jones Health Center
13944 Euclid Ave,
Cleveland, OH 44112

Food is information and food is medicine

Food informs our body how to act and sometimes, how to react. In this visionary hands-on cooking workshop, you'll learn what food actually *does* for your body and how it impacts your health. Then you'll step into the kitchen and immediately translate your new knowledge into delicious, easy-to-create recipes that nourish you to your core. **We don't focus on disease, we focus on well How to get there and stay there!**

WHO SHOULD ATTEND?

Whether you are wandering in nutrition wilderness, motivated to learn more about making food your best medicine, or living with a new or lingering health issue, Hearth to Health will guide you.

WORKSHOP FEE: \$125

Includes food as medicine lecture, hands-on cooking and coaching and a delicious health supportive meal-buffet.

TO REGISTER

CALL: 216/236-3917

EMAIL: Robin@cookingwithcareonline.com

VISIT: www.cookingwithcareonline.com

WHAT YOU'LL LEARN

Hearth to Health combines modern nutrition science and simple cooking with traditional food wisdom that has formed the foundation of health for centuries. Our cooking experience is divided into four areas, supporting robust nourishment for the whole body

- Deep Clean High Octane Cuisine
- Sea, Land & Seed: Omega Cuisine
- Slow Food Cuisine
- Immune-Boost Defensive Cuisine



field to plate.