

You're Invited to...

Get Super-Healthy, Super-Easy!

Superfoods are nutritional powerhouses, and incorporating them into your diet can make a profound difference in your health and well-being. Join whole foods expert and wellness navigator Sarah Isenberg at Healthy Habits Kitchen for *Super-Easy Superfoods* on Thursday, May 3, 2012 at 7 pm. Learn how to easily incorporate kale, quinoa and sweet potatoes into dishes your family will love and head home with the tools to do-it-yourself. All attendees will be treated to:

- A healthy dinner and dessert plus samples of 3 different super-charged superfood recipes
- Recipe booklet to take home
- A \$10 credit, which can be used toward meals purchased the night of the event

Sarah is a recovering lawyer, two-time breast cancer survivor and accomplished home cook with a penchant for whole foods, healthy living, green tea and black shoes. Her nationally acclaimed blog *Semi-Sweet: A Practical Guide to Healthy Living* and her no-nonsense wellness wisdom help inspire regular folks like you to take charge of their well-being every day.

DATE: Thurs., May 3, 2012
TIME: 7 - 8:30 pm
LOCATION: Healthy Habits Kitchen
COST: \$25

RSVP is required and space is limited.



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