

## New FALL / WINTER 2009/2010 Schedule

We are moved into our New location in TORONTO at 2 Queen Elizabeth Boulevard, Suite 101

### A)

Join us for a New class “**Exercise with Judy**” – this is an hour class offered four days a week to help us keep in shape. We will be doing an assortment of exercise routines indoors and outdoors.

**Monday – Friday: Come Walk with Me any morning starting at 8am** Come and walk your way to better health (includes a BarleyMax shot before the walk and refreshing Carrot Juice after) Cost \$5.00 per person

**Wednesday & Thursday – Exercise Group (drop in between 6pm and 8pm for the 1 hour workout and again Saturday mornings from 9am and 1pm – you work at your own pace)** Release your stress at the end of the day (includes a Veggie Juice before the exercise and a scrumptious salad after) Cost \$12.00 per person

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### B)

We will continue our monthly “**In the Kitchen with Judy**” **Food Prep Classes** one Saturday a month from 11am until 3pm.

In this fun class we prepare 5-6 recipes around a special theme and then enjoy it as a buffet lunch

Cost \$45.00 per person (special prices if you bring a friend or family member who has never been to a class)

### NOVEMBER 28<sup>th</sup> 2009 – Our Hallelujah Holiday Celebration

We celebrate the coming holidays by preparing some not so traditional holiday recipes such as Cranberry Orzo Salad, Almond Nog, Bok Choy Celebration Salad, Coconut Macaroons, Pecan Turkey, Cornbread Stuffing, Raw Cranberry Sauce, just to name a few, come and help us celebrate and give thanks for our new location!

### JANUARY 16<sup>th</sup> 2010 – Start the New Year Healthy!

We will be making a list of Do’s and Don’ts to help us keep our New Year’s Resolutions and preparing some great foods we can take with us while we are out and about at: work, shopping, school as we rush through our busy days.

In the rest of 2010 we will be traveling around the world looking at the foods from eight different regions. Judy will have some interesting facts about the area as well as a wonderful assortment of 6 course dinners you can enjoy with us then take the recipes home and share with your family and friends. Come and join us as we tour the world.

**FEBRUARY 20<sup>th</sup> 2010** – African Safari

**MARCH 13<sup>th</sup> 2010** – Italian Classics

**APRIL 10<sup>th</sup> 2010** – Mexican Fiesta

**MAY 15<sup>th</sup>** – Oriental Bazaar

**JUNE 26<sup>th</sup>** – Middle Eastern Market

**JULY 10<sup>th</sup>** – Pacific Island Paradise

**AUGUST 14<sup>th</sup>** – Indian Curry Festival

**SEPTEMBER 11<sup>th</sup>** – European Buffet

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### C)

“**Get Healthy .. Stay Balanced**” **3-day Workshop:** will be offered 4 times during the year **2010**

**MARCH 25/26/27 – MAY 27/28/29 – JULY 22/23/24 – OCTOBER 28/29/30** (Cost \$250.00 / person)

The GHSB program consists of the following topics (Each class includes Vegetarian Gourmet Food Prep sessions)

#### **Class 1: LIVING FOODS for the BODY**

- Raw Food, Juicing and Enzymes
- Menu Planning, Shopping for Healthy Food, Kitchen Organization
- The Foods to Avoid for Improved Health

#### **Class 2: CLEANSING the BODY**

- The Importance of Nourishing and Cleansing the body
- Exercise should be part of your daily, weekly routine
- How Fresh Air, Water & Sunshine are necessary for Optimal Health

#### **Class 3: Taking Care of the MIND & SOUL**

- How to manage your Stress and Emotions for Better Mental Health
- Rest is an important part of your healthy lifestyle
- How the Spiritual wellbeing is important for Better Health