

Healthy Food ~ Delicious and Fast

the “15-Min. Meal System” Demo, Tasting & Discussion

Workshop for Faculty, Staff, and Students

Want more energy for your work & weekends?

Want healthy food to be delicious & fast?

Ready to take control of your health?

What past participants have said about this program...

"Luke's class was just what I needed. Approaching 40, I want the next 40 years of my life to be healthy and full of energy."

- Rebecca Cormeny
Law Firm Benefits Analyst

"Fun, informative and realistic."

- Robin Feroli
RN – Sinai Hospital

"I am excited about how quick and easy it is to make new, healthy options!"

- Kara Smith
Teacher – Street Lite CDC

If it's not delicious, satisfying and simple – it won't work!

It is possible for you to...

... be healthy *and* love the food you eat!

... feel great *without* spending all week in the kitchen!

... lose weight *and* feel satisfied!

In this cooking demo, tasting & discussion:

- ⇒ Learn delicious, time-saver tips for nutritious cooking.
- ⇒ Taste delicious and satisfying healthy foods.
- ⇒ Clarify your most powerful steps for high energy health.

**Monday
June 13th, 2011**

10:00 a.m. – 12:00 p.m.

**University Center
Room 312**

About the instructor...

Lucas Seipp-Williams, CHC is the “All-Day Energy Coach” for busy professionals. His clients use cleanses and delicious upgrades to transform their health. He is also director of Baltimore Health Coach. FMI: <http://baltimorehealthcoach.com> or <http://alldayenergycoach.com>

Register on the web by June 3rd at: www.umbc.edu/training

Spaces are limited and pre-registration is required.

