

# *Healthy Food ~ Delicious and Fast*

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

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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*

**Monday**  
**June 13th, 2011**

**10:00 a.m. – 12:00 p.m.**

**University Center**  
**Room 312**

**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.

**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 3<sup>rd</sup> at: [www.umbc.edu/training](http://www.umbc.edu/training)**

Spaces are limited and pre-registration is required.