

Eating for Health

Gourmet Cooking Series

with Julie Spero

Eating for Health in the South of France

Sunday, September 18th, 2005; 1:00 – 4:30pm

Learn the Eating for Health rejuvenating food system while enjoying traditional Provençal cuisine. Fresh seasonal ingredients will blossom into Mediterranean treasures. Cuisine from the ancient town of Arles retains influences from the Roman era. Let the feasting begin!

Fresh Healthy Mexican Cuisine

Sunday, October 16th 2005; 1:00 – 4:30pm

Imagine fresh, delicious recipes that make eating for health easy. Julie's recipes are surprisingly easy, natural, fresh, and nutritious. Learn to maximize your time in the kitchen by creating multiple dishes from one core freezer-friendly recipe.

Elegant and Nourishing Holiday Party Appetizers

Sunday, November 13th 2005; 1:00 – 4:30pm

Enjoy an afternoon of pre-seasonal cheer while preparing healthy appetizers that will make you *Queen of Cuisine* for a day! Lavish, tasteful, and tasty presentations from quick platters to a full-on party buffet.

Each class includes an in-depth cooking demonstration, nutrition lecture and one complete meal.



Chef Julie Spero has 20 years of diverse culinary study in the U.S. as well as in France and Mexico. She is the owner of *Eclectic-Chef Personal Chef Service and Catering*. She is a graduate of and chef instructor for Bauman College: Holistic Nutrition and Culinary Arts.

Julie's desire: *"I want to inspire people to take charge of their health, improve their eating habits through nutritious food choices, and connect with the soul through food, love, and laughter."*

Pre-registration required.
Please call:

800-987-7530

\$60 per class,
\$150 for the series



BAUMAN COLLEGE
HOLISTIC NUTRITION AND CULINARY ARTS

901 Grayson Street, Suite 201
Berkeley, CA 94710
(corner of 7th Street and Grayson)