

APRIL 2009

CALENDAR OF EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1 3pm to 5pm The Raw Life Style by Glen Colello	2 8:15am-9am Guided Meditation 7pm to 9pm Cocktails & Canapés	3	4
5	6	7 8:15am-9am Guided Meditation Breakfast 7pm-9pm Cooking Wild Game	8	9 8:15am-9am Guided Meditation 3pm to 5pm Energetic of Foods	10	11
12	13	14 8:15am-9am Guided Meditation 5pm to 6pm Super foods by AJ	15 4:30pm to 6pm Oriental Facial Diagnosis With Dre	16 8:15am-9am Guided Meditation Breakfast 11am to 2pm 20 Minute Facial	17	18
19 11:30am to 2:45pm Sunday Movie Future of Food.	20	21 8:15am-9am Guided Meditation Breakfast	22	23 8:15am-9am Guided Meditation Breakfast	24 7:30pm to 9:30pm Friday Night Dinner- Prelude to Cinco de Mayo	25
26 12am to 1:30pm IBS Lecture with Dre	27	28 8:15am-9am Guided Meditation Breakfast	29	30 8:15am-9am Guided Meditation Breakfast	1	2



Nature's Temptations

Questions? Ask: diego@naturestemptations.com

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The Raw Life Style: Join Glen Colello, owner of CT's only all Raw Food Café, Catch a Healthy Habit in West Haven, to discuss the importance of adding raw living Super Foods to your diet. Super Foods are whole foods, not supplements, that include a powerful mix of antioxidants, vitamins, minerals and most of all taste great!

Guided Meditation Breakfast: 20 Minute guided meditation by Reiki Healer Francis Sisti — de-stress, and relax to begin your day. Enjoy a quite relaxing morning to center yourself and nourish your body with a whole food breakfast. Tuesdays and Thursdays 8:15am-9am. \$8.00 — Space limited, call to reserve your sanctuary.

The Energetics of Food: Francis Sisti of Growing Green Farm and Nature's Temptations Deli presents "The Energetics of Food" A dynamic and interactive class detailing ways of getting more life force info your body with a minimum of effort. \$10 / Registration required. Sampling/Tasting provided.

Super Foods: AJ Wentworth, certified life food instructor, will discuss super foods including: the energy of living plant foods, super herbs for medical purposes and ancient foods. Raw foods will be served. \$10 per person.

Oriental Facial Diagnosis: Did you know the face reveals imbalances in the organs and emotions? Sign up for free individual readings with Dre Dretzin CHHC. (15 Minute Readings)

The Future of Food — Sunday Movie: The future of foods offers and in-depth investigation into the disturbing truth behind the unlabeled, patented genetically engineered foods that have quietly filled U.S. grocery stores shelves for the past decade. Followed by a lecture by Chef Liz Gagnon on how we can be part of the grass roots movement on a local level. 11:30am-2:45pm

Friday Night Community Dinner: A fun evening of Mexican family style food and authentic music. Dinner at 7:30pm — \$40 Per Person. Space limited. Call to reserve your space 203.438.5443

Irritable Bowel Syndrome (IBS): IBS is a condition causing constipation or diarrhea (or sometimes both), cramping and generalized gut dis-

Larenim Mineral Make-up: Book your 20 minute make over with Nina. Learn the benefits of using mineral makeup — Larenim Mineral Make up is great for sensitive skin. It has the right minerals that refresh and rejuvenate the skin. Call for your free 20 minute appointment.

Cocktails & Canapés: For foodies only! A night of food conversation — bring your toughest questions and chat with Executive Chef Liz Gagnon and Sous Chef Kathy Campanella. Together they have 50 years of cooking knowledge. Pick their brains while enjoying

Cooking Class— Cooking Wild Game: Duck, venison, buffalo, and wild boar.... A look at cooking techniques and the best way to prepare these delicious meats. Recipes included. \$50 Per Person, call to reserve your space!