

The Longevity Kitchen

Satisfying, BIG-FLAVOR RECIPES Featuring the
Top 16 AGE-BUSTING POWER FOODS



120 Recipes
for Vitality
and Optimal
Health

REBECCA KATZ with MAT EDELSON

authors of *The Cancer-Fighting Kitchen*

FOREWORD BY ANDREW WEIL, MD

APRIL 13 – 10AM-3PM THE WELLNESS KITCHEN SPRING FUNDRAISER

Rebecca Katz, Nationally Acclaimed Author, Speaker, Teacher and Chef Appears on the Central Coast

The Wellness Kitchen and Resource Center welcomes Rebecca Katz to the Central Coast as she introduces her latest book *The Longevity Kitchen*. Her presentation includes a cooking demonstration with the assistance of Nancy Walker, Therapeutic Chef and Executive Director of The Wellness Kitchen and Resource Center in Templeton, Ca. The program also features a presentation by Stephanie Austin, certified Holistic Health & Nutrition Coach and owner of Wellness by Mother Nature, titled *Making Sense of Nutrition* followed by Q & A.



**TICKETS AVAILABLE at The
Wellness Kitchen located at 1255
Las Tablas Rd. Ste. 102, Templeton,
CA or online at www.TheWKRC.org.**

**Cooking
Demonstration**

Organic Lunch

**Book Sales
& Signing**

Raffle

**Nutrition
Presentation**

**Tickets are \$60
in advance, \$75
at the door.**

EVENT LOCATION

Morro Bay
Community Center
1001 Kennedy Way
Morro Bay, CA

FOR MORE INFO
Call Us At
805-434-1800