



## *Healthy Cooking Demonstration & Employee Wellness Fair January 12, 2010*

### Wellness Fair begins at 11:30

Rehab Services Dept will be offering health screenings: BMI, Blood Pressure, Body Fat, Waist Circumference Ratios  
Visit wellness displays from: Weight Watchers, Curves, 360-5, Marymount Wellness

### Cooking Demo begins at 12:15 *Featuring a Mystery Chef*

Register for cooking demo at: <http://ntmsr19/mscheduler/cookingdemo2.aspx>  
(Space is limited)

Chef Tammy will be preparing: **Montana Avenue's** Fresh tomato sauce  
**Parchment paper cooking:** chicken with mango and ginger  
salmon with green beans and lemon zest  
**Dessert :** Fresh orange and pink grapefruit tart.

Participants will receive a recipe, a nutritional analysis, and a sample of the Chef's preparation

### **Marymount Hospital Auditorium**

For more information contact Manny Economos:  
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