



the
City College
of New York

**Continuing &
Professional
Studies**

Tasty Healthy Menus

THESE WORKSHOPS WILL TEACH YOU HOW TO LIVE A HEALTHY LIFESTYLE BY CREATING EASY, ECONOMICAL, NUTRITIOUS, AND MOST IMPORTANTLY, *TASTY* RECIPES FOR YOU AND YOUR FAMILY TO ENJOY! LEARN TO IMPROVE YOUR HEALTH WITH THESE DELICIOUS MENUS!

LUANNE PENNESI, WHO HAS A MASTERS IN NATURAL HEALTH AND IS A REGISTERED NURSE PRACTICING FOR 35 YEARS IN BOTH CONVENTIONAL AND INTEGRATIVE MEDICINE, SHARES INFORMATION THAT MOTIVATES PEOPLE TO TAKE BACK THEIR PERSONAL POWER AND LEAD HAPPIER, MORE PRODUCTIVE LIVES AT ANY AGE.

** TUITION INCLUDES FOOD AND THE BOOK, "GET HEALTHY NOW" BY GARY NULL*

REGISTER:

ONLINE: WWW.CPS.CCNY.EDU

BY PHONE: (212)-650-7312

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