

Urban Zen

F O U N D A T I O N

The Urban Zen Center presents

Food Solutions: A Whole Foods Approach to Wellness

Six workshops that give you the practical tools to make food lifestyle change

In January 2010, the [Urban Zen Foundation](#), in partnership with [The Palette Fund](#), will kick off a series of ground-breaking, inspirational workshops focused on educating the Urban Zen community and beyond about navigating and restoring health through food.

The workshops are under the direction of [Amanda Archibald, RD](#) and Culinary Nutritionist, [Stefanie Bryn Sacks, MS](#), pioneers in the world of food and nutrition, dedicating their life work to developing a seamless conversation between health provider, nutritionist, the consumer and the kitchen. Together Archibald and Sacks have created the food tools and hands-on culinary experiences to help every American find new meaning in their relationship with food, food choice and personal health.

The series will consist of six one-day workshops presented over the course of 2010. Each workshop will focus on a specific hot health topic that advocates dietary change as part of the healing plan. Panel discussions led by experts in the field, practical hands-on learning —in the kitchen— and food education activities are a vital part of this life-changing workshop experience.



The Palette Fund



WORKSHOP DETAILS

JANUARY 20, 2010

Food Solutions: A Whole Foods Approach to Wellness

> Defeating Obesity: Rightsizing America's Plate and Waist

Eating healthfully is a balance between the food choices you make and the portions you take. Achieving this balance allows you to lose weight, stop dieting and eat healthfully for a lifetime. Dr. Lisa Young, author of *The Portion Teller Plan* will present practical tools for rightsizing your portions and your food choices. Follow Dr. Young's advice into the kitchen and onto your plate with a series of creative food-centric activities and a hands-on cooking experience. Leave with the knowledge and skills to make healthy food choices that are right for your waist and your plate.

MARCH 3, 2010

Food Solutions: A Whole Foods Approach to Wellness

> Managing Autism, ADHD, Asthma and Allergies

Learn about the special dietary needs of children with Autism, ADHD, Asthma and Allergies from pediatricians, Dr. Kenneth Bock, author of *Healing the New Childhood Epidemics* and Dr. Stephen Cowan. Through insightful discussion, hands-on cooking and thought-provoking food-centric activities you will acquire practical tools for implementing restorative dietary practices into your lifestyle and your children's.

MAY 26, 2010

Food Solutions: A Whole Foods Approach to Wellness

> Navigating Cancer

Can diet play a role in preventing and managing cancer? Registered Dietitian and cancer survivor MaryBeth Augustine will share how she personally managed cancer through diet, supplements and herbal remedies. She will also shed light on the approaches she uses with clients who are living with cancer. MaryBeth will share the stage with other oncology experts and through discussion, hands-on cooking and food-centric activities you will learn practical ways to implement and manage a diet that supports the pathway you are navigating with cancer.

JULY 28, 2010

Food Solutions: A Whole Foods Approach to Wellness

> Managing Chronic Pain

Every morning more than 50 million Americans wake up to another day of physical pain. If you are one of these people, you know only too well how chronic pain can take over your

life: the lost work and missed pleasures; the harsh drugs or surgeries; the feelings of anger and frustration; the endless search from doctor to doctor for pain relief. Join Dr. James Dillard, author of the Chronic Pain Solution, as he explores how food choice and diet can alleviate chronic pain. Through discussion, hands-on cooking and food-centric activities you will learn new ways to manage persistent pain through the foods you choose.

SEPTEMBER 29, 2010

Food Solutions: A Whole Foods Approach to Wellness

> Being a Role Model for your Kids

Children model their parents in food choice and behavior. So, if we want our children to eat healthfully, it's up to us to set the example! Whole Foods pioneer and founder of the Natural Gourmet Institute for Health and Culinary Arts, Annemarie Colbin, Ph.D. joins us to discuss the importance of creating and embracing a healthy food lifestyle for yourself and your family. Through insights, discussion, hands-on cooking and food-centric activities you will acquire the knowledge and skills to make meaningful food choices for your lifetime and your kids.

NOVEMBER 10, 2010

Food Solutions: A Whole Foods Approach to Wellness

> Navigating a Pathway to a Gluten-free Life

Living with gluten intolerance can be complicated and overwhelming. Join our discussion with leading experts to shed light on strategies that make gluten-free food choice and mealtimes easier, more manageable and more healthful. Transfer that knowledge into the kitchen and onto the table through flavorful hands-on cooking and food-centric learning activities. Leave with the confidence and tools to embrace a nourishing, gluten-free life.

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