



*Feeding Your Mind, Body  
and Spirit ~*

*With Food Network  
Challenger  
Michelle Bommarito!*

**May 16th 6:30 - 8:30**  
**Spring Garden Waldorf School Gym**  
1791 S. Jacoby Rd.  
Copley, Ohio 44321  
330.666.0574

**Come, learn and EAT!!**

**Entrance fee is a \$10.00 donation that will go toward the cost of the food. Anything over the cost of food will be donated to the school**



Brought to you by...



and...



Please join Chef Bommarito and **Spring Garden Waldorf School** for **"Feeding your Mind, Body and Spirit"**

We will discuss an array of recommended "I choose" Super power Foods and products. Demonstrations on how to prepare, cook and store food items will also be shared.

Expect to learn about all-natural, whole grains, lean cuts of meat, poultry, fish, legumes, beans and fresh seasonal locally- grown fruits and vegetables and natural topical skincare products.

**Chef/Instructor Michelle Bommarito**

Michelle Bommarito's name is synonymous with Wedding Cake Challenges on Food Network , however the energetic entrepreneur has boldly stepped out of the pastry world and is now focusing on her true passion...sharing Culinary techniques and how to prepare Energizing Super Power Foods.



**Kids 12 and under FREE!**