



801 E. Front Street, Traverse City, Michigan 49686

231-922-4911

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Making longer lives, better lives.

FOR IMMEDIATE RELEASE

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Contact: Lori Wells, Manager

Phone/Email: 231-922-4911/lwells@grandtraverse.org

Subject: Vitality for Life: Simple and Delicious Foods to Fuel a Healthier, Happier You

Traverse City – Just as plants need monitoring and nourishment to grow, our bodies need the right choices to support a long, quality filled life. Healthy eating is critical during an entire lifespan, but good nutrition plays an increasingly important role, as an individual gets older.

Join Chef Linda Szarkowski on Tuesday, May 2, at 3:30 p.m. at the Traverse City Senior Center, 801 E. Front Street, in a presentation where participants will discover how to strip away foods that weigh them down and then add energy foods that fuel the body all day long. Topics include how to get and stay healthy, lose weight and keep it off and make easy and delicious plant based recipes, while preparing healthy, satisfying meals.

Szarkowski is a chef, teacher and coach of plant-based eating. She is certified in the Benefits of Raw Food Nutrition from the Living Light Culinary Institute in Ft. Bragg, California and Living Foods Educator from the Living Foods Institute in Atlanta, Georgia. She has been a chef at the award-winning Chicago Diner and helped to open a raw restaurant, Beets Café in Austin, Texas, prior to starting her packaged raw food meals business, Green Spirit, in Chicago. Szarkowski now brings her knowledge and skills to the Grand Traverse region.

Included in the presentation is a sample of Szarkowski's Blueberry Cardamon Smoothie, packed with nutrition. The presentation is free. Advance registration is required.

For more information or to register, email dmikowski@grandtraverse.org or call 231-922-4911.

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The Senior Center Network, part of the Grand Traverse County Parks and Recreation Department, offers diverse programs to older adults in Grand Traverse County. Thousands each year enjoy dozens of activities on a daily basis at locations in Traverse City, Acme, Fife Lake, Interlochen, and Kingsley. Business hours are Monday through Friday, from 8 a.m. to 5 p.m. For more information, call 231-922-4911, or visit www.grandtraverse.org/scn or our Facebook page.