



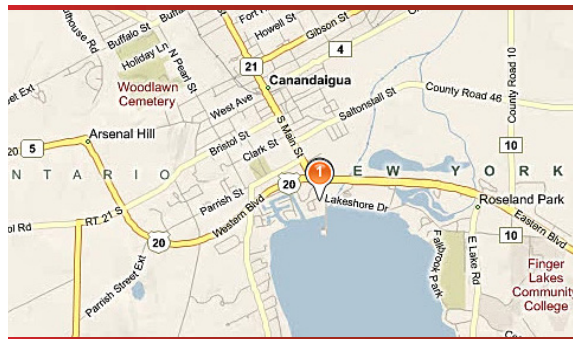
Chef Jeff Christiano

Join us
for an exciting
opportunity to
discover how
heart-healthy
eating can
enrich your
lifestyle with
delicious
food!



Many Thanks to Our Sponsors

Jim and Ellie Fralick
Constellation Brands
Wegmans Food Markets
Rochester Institute of
Technology



About The New York Wine & Culinary Center

The New York Wine & Culinary Center is a 501(c)(3) not-for-profit organization founded in 2006 to educate visitors while showcasing New York's dynamic agriculture, wine and food industries. The Center's state-of-the-art facility overlooking Canandaigua features a Hands-On Kitchen, Educational Theater, Tasting Room, Private Dining Room, Culinary Arts Boutique, and the local-fare restaurant, Upstairs Bistro. Daily activities, events, and classes surround the Center's mission to educate, engage, and excite.

To learn more about the New York Wine & Culinary Center, please call 585-394-7070 or visit www.nywcc.com



NEW YORK
WINE & CULINARY
CENTER
educate. engage. excite.

**DISCOVERING
DASH**
for
Healthy Hearts

A four-class series focusing
on the Dietary Approaches to
Stop Hypertension Diet

CARDIAC REHABILITATION



Thompson Health's Cardiac Rehabilitation Department and The New York Wine & Culinary Center (NYWCC) are teaming up to offer a series of cooking classes for those who have experienced a cardiac event and are eager to enjoy healthy food that is neither bland nor boring.

This four-class series will be held at the NYWCC and was created by Chef Jeff Christiano, a member of the NYWCC educational department. The series focuses on the Dietary Approaches to Stop Hypertension DASH Diet.

The classes in this joint Thompson Health/New York Wine & Culinary Center series have been graciously underwritten by Jim and Ellie Fralick, Constellation Brands, Wegmans Food Markets and the Rochester Institute of Technology (RIT), so patients can participate for \$10 per person per class, instead of the regular retail price of \$75 per person per class.



Participants may choose to sign up for individual classes, or for the entire four-part series:

Introduction to Heart-Healthy Eating

Thursday, April 10, 1:30 to 3:30 p.m.
This class will feature demonstrations by Chef Christiano of an assortment of recipes and tastings offered.

Hands-on Cooking

Thursday, April 24, 11 a.m. to 1:30 p.m.
Walk through simple, healthy recipes in the Hands On Kitchen with a NYWCC chef.

Creating and Using a DASH Pantry

Thursday, May 1, 11 a.m. to 1:30 p.m.
In the Hands-On Kitchen, learn how to shop while on the DASH diet and how to create delicious meals with what you already have on hand with a NYWCC chef.

10 Principles for Healthy Cooking

Thursday, Sept. 11, 1:30 to 3:30 p.m.
Participants will pull together all they have learned and feel confident using the DASH Diet in the "real world," not only at home but at restaurants and gatherings.

Registration is required and space is limited. To sign up for a class, call Thompson Health's Wellness Department at (585) 396-6111. Payment may be made via MasterCard, Visa, a check or cash. In return for each \$10 class fee, participants will receive a \$5 coupon good toward a meal at the New York Wine & Culinary Center's restaurant, the Upstairs Bistro.

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I would like to register for:

- Introduction to Heart-Healthy Eating \$10
- Hands-on Cooking..... \$10
- Creating and Using a DASH Pantry..... \$10
- 10 Principles of Healthy Cooking \$10

TOTAL

Your Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Please mail your check, payable to Thompson Health to:
Thompson Health Wellness Department
350 Parrish Street
Canandaigua, NY 14424

Credit cards (Visa, Mastercard, & Discover) are accepted by calling (585) 396-6111.

