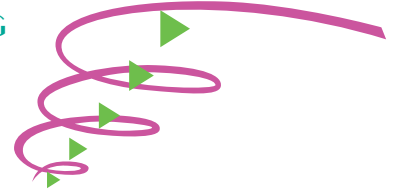


WOULD YOU LIKE TO SIMPLIFY THE DAILY RITUAL OF WHAT TO HAVE FOR DINNER? WHAT TO PACK FOR THE KIDS' LUNCHES? AND HOW TO MAKE MEALS FUN, HEALTHY AND EASY TO PREPARE?

HERE'S HOW:

- LEARN FROM TWO WORKING MOMS, WHO WITH THEIR KIDS, SPAN 5 GENERATIONS OF EXPERIENCE.
- ADOPT THE STRATEGIES OF TWO ENTREPRENEURS WHO HAVE A SHOPPING CART FULL OF PRACTICAL, CREATIVE SOLUTIONS FOR WEEKLY MENU PLANNING, SHOPPING, PREP AND COOKING HEALTHY, YUMMY FOOD AT HOME.
- EXPERIENCE HANDS-ON LEARNING IN A SMALL GROUP SETTING WITH TIME AND SPACE TO CUSTOMIZE FOR YOUR FAMILY
- GATHER IN A SMALL GROUP SETTING IN A PRIVATE CHARLOTTESVILLE KITCHEN



HAP'nings now LLC

THE WORKSHOP SERIES INCLUDES FIVE 2-HOUR SESSIONS:**

- #1 GETTING ORGANIZED FOR EASE: KITCHEN ESSENTIALS – FROM FOOD GROUPS TO PANTRY AND TOOLS. *Thursday, September 22*
- #2 STRATEGIES FOR SHOPPING, PREP AND COOKING. *Thursday October 6*
- #3 GET IN THE KITCHEN AND RATTLE THOSE POTS AND PANS. *Wednesday, October 19*
- #4 TREADING LIGHTLY THROUGH THE HOLIDAYS: HANDLING TRICKS AND TREATS WHETHER EATING OUT OR BAKING SWEETS. *Thursday, November 3*
- #5 SUPPORT FOR MAINTAINING POSITIVE RESULTS THROUGH THE KINKS AND CHALLENGES OF MEAL SCHEDULES, FOOD-RELATED ISSUES, AND FAMILY ENGAGEMENT. *Thursday, November 17*

**All sessions include snacks &/or tastings

*Classes 1 and 2 are pre-requisites for Class 3

YOUR CHOICE: TAKE **ONE** OR ALL **FIVE**. \$75./person/session for 1 or 2 sessions;
~~\$75~~ \$65./person/session for 3-5 sessions OR if you bring a friend to 1-5 sessions.

MAXIMUM WORKSHOP SIZE: 15

TO REGISTER AND PAY: Email Wendy at wendy@vigdorhess.com or text her at **434 996-6768**

NOTE: LOCATION AND DIRECTIONS WILL BE GIVEN AFTER PAYMENT RECEIVED.

SAVE \$50.00
on a 5 session package.

Honie Ann Peacock, MSW

Honie Ann was a pioneer in the health food movement. She created a trademarked line of organic, vegan, wheat-free, low-fat sweets and savories called HON'S BUN which were sold at specialty markets and at Greenmarket stands in Manhattan, and were a division of her catering business called HAPNINGS NOW. Honie Ann also founded a non-profit [NPO] social enterprise called Change 2000 for HS youth who wanted to make a career in culinary arts. Coverage by ABC-TV Eye Witness News, led to her taking over the catering and café at The Riverside Church [TRC] in Upper Manhattan. Its success was written up in "New York" Magazine.

Honie Ann has a Restaurant Management Certificate from New School University, took vegan baking courses at the Natural Gourmet Institute, studied Macrobiotics with Michio Kushi in NYC and is an AFAA certified personal trainer. She is a graduate of The University of Michigan, and has an MSW degree from Columbia University. Her practice with busy individuals and families to make healthy, bold-flavored food at home easy and fun is informed by a career in corporate HR, as workshop developer and facilitator, coach and mentor, entrepreneur and single Mom.



Wendy Vigdor-Hess, RDN

Wendy is a Registered Dietitian Nutritionist, Certified Health and Wellness Coach, energy worker, author and speaker. She is the author of the book "Sweetness Without Sugar," and co-creator of the e-course Transforming Your Relationship with Food: Sugar Series. Drawing on her extensive integrative spiritual healing training, she helps individuals, groups, corporations and families build an everyday ritual for re-establishing and strengthening connection to the greater whole that binds us all.

Wendy holds a Bachelor of Science degree from Indiana University and completed traditional training in nutrition at Loyola University. She attained her dietetic internship through Bastyr University. Nationally certified as a Registered Dietitian Nutritionist, in 2006 Wendy also became a Certified Health and Wellness Coach®. In private practice since 2000, Wendy has worked as a Public Health Nutritionist for the Women, Infants and Children Program (WIC) in Seattle, Washington before settling in Virginia in 2003. She has been a nutritional consultant to The ARC (Association of Retarded Citizens) of Piedmont in addition to Johns Hopkins Integrative Medicine & Digestive Center. For families, small groups and corporate settings, Wendy provides caring and insightful guidance on healthy and vibrant living.

