

# BACK TO THE BASICS: IN THE PURSUIT TO GOOD HEALTH

OCTOBER 7, 2009  
6:00—8:00PM

FRISBIE'S COMMUNITY  
EDUCATION &  
CONFERENCE CENTER

## Event Agenda **6:00-8:00 PM**

6:00-7:00 PM  
⇒ Joy Feldman

7:00-8:00 PM  
⇒ Slow Foods Cooking  
Demonstration

⇒ Local Growers:  
Autumn Vegetables

⇒ Cooking  
Demonstrations:  
Recipes from Joy  
Feldman's *Joyful  
Cooking - in the Pursuit  
of Good Health*  
Cookbook

Registration required.  
For more information or  
to register, please call  
603-330-8986

21 Whitehall Road  
Rochester, NH 03867

**O**n October 7, Frisbie Memorial Hospital will host the event  
**Back to the Basics: in the pursuit to good health**

- ⇒ Features area farmers promoting the benefits of eating locally grown, fresh foods
- ⇒ Provides information on the Slow Food Cooking movement and the rewards of eating “good, clean, and fair food”
- ⇒ Highlights the importance of healthy eating for improved wellness.



Joy Feldman

New England author and keynote speaker, Joy Feldman, will discuss how to achieve nutritional balance through healthful eating and how eating naturally makes you feel better!

*Joy's cookbook will be available to purchase. She will sign your book too!*

