

COOKING FOR BRAIN POWER

A PRESENTATION BY

CHEF CATHERINE BLAKE

Can foods enhance our brain power? Chef Catherine Blake will present a five-step program that can help you keep a sharp mind for years to come.

- Learn how to prepare easy, delicious wraps topped with antioxidant-rich delights.
- Find out which restaurant foods will best protect your brain power.
- Discover the importance of Vitamin E and plant polyphenols in protecting the brain and where to find them in your diet.
- Learn how and why to replace dairy milk with almond milk—and you can quickly and easily make it at home.
- How to “Make One Change” that will protect your brain power.



Chef Catherine Blake, B.A., B.D., has been studying nutrition and health for over 30 years. She has been creating delicious, plant-based meals for 25 years. Catherine earned a certificate in micronutrition in 2008 and is currently studying the role of lipids in health. An expert on the effects of food on health, Catherine has taught many classes at UH, Maui since 2008, in Palo Alto, CA, in the Hamptons, NY, and elsewhere. In March, 2014, Catherine was the healthy chef instructor at the Healthy Brain Seminar sponsored by Hawaii Pacific Neuroscience at Castle Wellness Center in Kailua, Hawaii.

Catherine is the author of *Healthy Recipes for Friends* and has two videos, *Aloha Sauces* and *The Maui Light Diet*. Catherine graduated from Skidmore College in 1977 and is an Interfaith minister. She lives on Maui with her husband Steve and many happy animals of the rainforest.

TUESDAY, JULY 8, 7 P.M.
ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE., HONOLULU

(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY -
ACROSS FROM THE CHEVRON STATION)

DINE-OUT WITH CHEF CATHERINE BLAKE
THURSDAY, JULY 10, 5:30 TO 8 P.M.

SIMPLE JOY VEGETARIAN CUISINE RESTAURANT
1145 S. KING ST., HONOLULU

\$15 INCL. TAX & TIP, TO RSVP AND PREPAY: CALL 591-9919
VEGAN DINE-OUT MENU INCLUDES:

1/2 ORDER SUMMER ROLLS, PLUS YOUR CHOICE OF ONE ENTREE:

- 1) ‘SHRIM’ VEGETABLES WITH RICE NOODLES,**
- 2) CURRY NOODLE SOUP, 3) SIZZLING PANCAKE, OR**
- 4) EGGPLANT WITH TOFU AND BROWN RICE**

ALL DISHES ARE GLUTEN-FREE

Maui — Chef Blake will also be speaking on Maui on Wednesday, July 2, at 7 p.m., at Cameron Center, 95 Mahalani St. in Wailuku.



Vegetarian Society of Hawaii

Join Us!

For more info call 944-VEGI (8344) or visit www.VSH.org

**FREE Admission
& Refreshments**

Refreshments courtesy of Down To Earth.