

Join the New York City Alliance Against Sexual Assault

▶ at Whole Foods Market Bowery Culinary Center

on March 12th for cooking demonstration and tasting to benefit SAYSO!

A Mediterranean Evening (Demonstration & Tasting)



March 12th, 2008 • 8pm to 9:30 pm

Regular price \$50*

Whole Foods Market, 95 East Houston Street
Between Bowery and Chrystie Streets

Let chef and Holistic Health Counselor Jessica Monty take you on a healthy and delicious journey into the Mediterranean diet. The class will discuss the health benefits of the Mediterranean diet. In this class, you'll hone your knife skills and discuss possible substitutions to the flexible recipes. All proceeds will be donated to benefit ▶ **SAY SO!**

SAY SO! is New York City's highest profile event to raise public awareness about sexual violence and the services available to victims. SAY SO! is organized by the New York City Alliance Against Sexual Assault in partnership with Midnight Kitchen.

On the menu: Shrimp Tomato, and Avocado Salad with a Basil Cream Dressing, Brown Rice Mushroom Risotto, Sweet Poultry in a Red Wine Reduction and Tiramisu Tofu Whip Parfait.

Instructor: Jessica Monty www.jessicamonty.com

*Want to help Jessica? Be one of 2 special
VIP Sous Chefs—ticket price—**\$75**

Space is limited:
go to www.nycagainstrape.org
to buy your ticket today!



SAY SO!

Sexual **A**ssault **Y**early **S**peak **O**ut



New York City Alliance
Against Sexual Assault