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Les Dames d'Escoffier
INTERNATIONAL
New York Chapter

PROGRAM



From Tragedy to Triumph

How Small Changes in Food Choices Can Make Big Differences in Your Health

An Evening with Dame Stefanie Sacks, MS, CNS, CDN Culinary Nutritionist, Author and Founder of Reboot Food™

Monday, March 12, 2018

6:00 to 8:00 PM

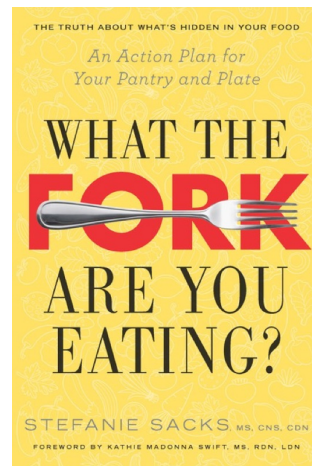
Dame Janeen Sarlin's home

110 East End Avenue, #6B

New York, NY 10028

Members \$30 / Non-Members \$40

Noshes that nourish - Stefanie style - will be served along with organic wines from Long Island's North Fork. Signed copies of Stefanie's book, *What the Fork Are You Eating*, will be available for purchase. Co-chairs: Rita Jammet ritaj@lacaravelle.com and Stefanie Sacks sbs@stefaniesacks.com



ORDER TICKETS



Dame Stefanie Sacks is a chef with an MS in Nutrition Education from Teachers College, Columbia University. For over two decades Stefanie has helped transform the way people eat by using hands-on culinary experiences to inspire, educate and offer practical tools for food lifestyle changes.

Why and how she turned to everything edible to navigate her own illness, both physical and psycho-emotional, is compelling. Understanding her journey will help to shine a light on the inspirational and transformational work that Stefanie is deeply devoted to. It is truly a tale of tragedy to triumph. Food and our connection to it, for better or worse, directly relates to her story.

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