



The Culinary Experience: October 2010

Learn the secrets of preparing and enjoying deliciously healthy food and take part of the Lake Austin Spa Resort experience home with you! This month's special guests are Chef Debbie Gore and food author Terry Walters!

Tuesday, October 12, 2010

Superfoods Super Easy – Cooking Class with Guest Chef: Debbie Gore

Author Debbie Gore (Good Friends Great Tastes) blends international flavors to make memorable meals with minimal effort and maximum nourishment. Join Chef Debbie in the kitchen for a cooking class that blends the superfoods with great taste. Her easy and elegant recipes are sure to please family and friends.

Recipe for Life Workshop

Debbie Gore, creator of the Recipe for Life program helps individuals find the ideal ingredients for their "Recipe for Life." Using ingredients in a recipe metaphor, she entertains and guides listeners toward better decision making. Avoid over-committing, create balance for aging gracefully and stimulate your diet with the superfoods for overall well-being.

Debbie Gore is a motivational speaker, chef and author who shares her Recipe for Life strategies. Her powerful program implements positive, lasting life changes. The entertaining presentation guide listeners to succeed personally and professionally.