

FOR IMMEDIATE RELEASE

Contact: Christina Giallourakis
Inspire Nutrition
info@inspirenutrition.com
(202) 669-5330

Washington, D.C. – February 1, 2008 – Want to do something different with your sweetie to celebrate Valentine’s Day this year? Whether you’re a seasoned pro in the kitchen or someone who lets your mate do all the cooking, a couples cooking class is the perfect way to spend this Valentine’s Day.

Not only is February the month of Valentine’s Day, but it’s also American Heart Month. Heart disease is still the number one killer in the U.S. and America’s restaurant habit isn’t helping. Americans eat out on average four times a week and restaurants are notorious for serving large portions of not-so-healthy food. Instead of the same old dinner out, flowers and chocolates, do something different and good for you this year – indulge in a delicious, healthy meal that you can make over and over again.

Inspire Nutrition, a local company that provides health counseling services and healthy cooking classes, is offering a couples cooking class in honor of Valentine’s Day this year. Couples can choose from a class on Monday, February 11th from 7-9:00pm or Tuesday, February 12th from 7-9:00pm. Classes are held in a beautiful row home in the Columbia Heights neighborhood.

- more -

Couples will learn how to cook four new healthy recipes, including dessert! Examples of past menus include: Spicy Sweet Potato soup and Beet and Walnut Salad with Porcini Mushroom Stroganoff and Creamy Fruit Pudding for dessert. Or how about Winter Squash Stew and Corn and Heirloom Tomato Salad with Lemon-Oregano Chicken and a Cocobomb for dessert? These meals are H.O.T. – healthy, tasty, organic and made by you!

Whether you're a sous chef or a just a Food Network fan, you'll take away something new from this class. Class space is limited, so call now to secure your spot with your sweetheart. Or visit www.inspirenutrition.com.

###