JANUARY - MARCH 2020

COOKING and WELLBEING CLASSES
at WAYS TO WELLNESS IN WOODBURY
Open to the public

discoverw2w.org
Discover your WELL-POWER at Ways to Wellness and be the best YOU!
Our expert staff is here to guide you whether you want to lose weight, improve your fitness, reduce your stress, or get a jump-start on improving your health and wellbeing. It’s all about you, so get started today on your journey.

OUR INTEGRATIVE PROGRAMS INCLUDE*:
- Cooking classes
- Personal training
- Nutrition consultations
- Chef consultations
- Pilates reformer
- Yoga and meditation
- Group fitness
- Massage
- Community acupuncture
- Life coaching
- Metabolic calorie assessment
- VO2 testing
- BODPOD® (body composition measurement)

A MESSAGE FROM THE FOUNDER:

Nothing is more important than your personal health and wellbeing. It is my hope that Ways to Wellness can help you discover just how good you can feel and challenge you to step out of your comfort zone to try something new. Nothing inspires me more than having a client stop by my office to share their personal journey and what they have learned along the way. Come join our community. You won’t regret feeling the Well-Power within you!

SAVE WITH COOKING CLASS “BUNDLES”
3-pack of cooking classes: $159
5-pack of cooking classes: $249

*Services at Ways to Wellness are not covered by insurance, but you may be able to use your Health Savings Account (HSA) with a qualifying referral.
HOW TO REGISTER

LOCATION:
Ways to Wellness
1825 Woodwinds Drive, Woodbury, MN 55125

REGISTRATION:
Available online at healtheast.org/wellnessrsvp; prepayment required.

PHONE:
651.232.1926

EMAIL:
waystowellness@healtheast.org

WEBSITE:
discoverw2w.org

CANCELATION POLICIES:
Wellbeing classes may be canceled prior to 72 hours of class for a full refund or credit. Wellbeing classes canceled with less than a 72-hour notice will be lost.

Cooking classes are nonrefundable. Cooking classes can be canceled more than one week in advance for credit toward a future class. Cooking classes canceled with less than seven days’ notice will be lost (due to advance preparation and purchasing). If Ways to Wellness cancels a class, a full refund will be granted by request.

Weather: Generally, Ways to Wellness does not cancel classes due to weather. Please plan ahead if your preference is to NOT drive in inclement conditions.

** If you are a HealthEast Employee and you wish to enroll yourself in a class, please fill out a Wellness Dollar Agreement Form, found on the Infor net (click on Employee Tools, select Employee Wellbeing, click on Ways to Wellness, and then the Wellness Dollars Agreement Form). This form is both your registration and payment. Wellness Dollars are nontransferable.
JANUARY

INTRO TO THE FUNCTIONAL MEDICINE PROGRAM
Wednesday, Jan. 8, 5-5:45 p.m.
Instructor: Megan Green, RD, LD
Cost: Free
Come learn about our new Functional Medicine Program, now lead by Dr. Clevenger. Find out how a functional medicine approach can help identify the root cause of your chronic disease or symptoms, and treat them with an individualized, evidence-based plan. At this seminar, we will explain how functional medicine is different, what you can expect, and how to get started.

BREAKING BREAD
Wednesday, Jan. 8, 6-8 p.m.
Instructor: Chef Randi Madden
Cost: $69 per person
In this class our resident baker, Chef Randi, will be demystifying the art of bread baking. We will use a starter to build structure and flavor. Explore using European flour for higher quality and lower gluten value. Focus on one dough during class, and “tear and share” as you learn about making and baking various breads.
Menu: Pan D’Epi Baguette; Starter Dough; Fig Jam with Goat Cheese; Herbed Butter; Cherry Compote

WHAT ON EARTH CAN I EAT?
Thursday, Jan. 9, 6-8 p.m.
Cost: $69 per person
Allergies, intolerances, and sensitivities oh my! Tonight we’re going dairy, gluten, corn, soy, peanut, shellfish, alcohol, caffeine, pork, beef, and egg free. What the heck is left?! Join us to find out how to make cooking with dietary restrictions fun and delicious!
Menu: Pumpkin Spice Oat Bake with Cinnamon and Clove; Baked Provencal Salmon with Sweet Potato, Saffron, and Kalamata; Black Rice and Roasted Vegetable Salad with Chickpeas; Roasted Chicken Breast Stuffed with Mushrooms and Herbs
***While we will NOT be cooking with common allergens, our kitchen is full service, so we cannot guarantee no cross contact of allergens.

QUE SYRAH SHIRAZ
Friday, Jan. 10, 6-8 p.m.
Instructor: Chef Jeremy Reinicke
Cost: $69 per person
Tonight we will be enjoying some dangerously good Australian-inspired dishes. And we couldn’t explore Australia without paying tribute to Australia’s most prolific varietal. Shiraz! Wine pairing experience included.
Menu: Macadamia Crusted Barramundi with Charred Orange and Mixed Green Salad; Sticky Pork Ribs with Port Wine and Plum Sauce and Roasted Potato Wedges; Shepherd’s Pie with Sweet Peas, Okra, and Green Beans

COUPLES MASSAGE CLASS
Friday, Jan. 10, 7-8:30 p.m.
Instructor: LeeAnn Marie, Licensed Massage Therapist
Cost: $49 per couple
Location: Ways to Wellness Group Fitness Room

Teal indicates COOKING CLASS
Green indicates WELLBEING CLASS

Class requires full participation
All cooking classes have some element of participation.
Wine or beer tasting
Available at cooking classes when indicated.
Demo
Available at cooking classes when indicated.
Bring a loved one and connect in a fun, new way. Learn and practice a sampling of simple Swedish and Shiatsu massage techniques that you can continue to share with one another for years to come. Nurture each other and relax in this one-of-a-kind wellbeing class taught by a licensed massage/Shiatsu therapist and energy work enthusiast. Wear comfortable clothing. We will be working on chairs, mats, and pillows in the Group Fitness Room.

SOUP AND BREAD FOR THE SOUL
Monday, Jan. 13, 6-8 p.m.
Instructor: Chef and Author Robin Asbell
Cost: $69 per person
Getting through the holidays can take its toll on more than just our pocket books. Here’s your opportunity to slow down, smell the whole grain quick breads baking, and recover from the holiday rush. Learn how to heal and nourish yourself and those you love with plant-based, veggie-packed soups that are sure to comfort, soothe, and satisfy. Menu: Vegetable Soup with Fine Herbs and Gluten-Free Savory Oat Muffins; Creamy Carrot Soup with Buckwheat Biscuits; Red Lentil Dal with Stovetop Flatbread; Cuban Black Bean Soup with Sweet Potato Cornbread

WEIGHTLIFTING 101: HOW TO SQUAT AND HIP HINGE
Tuesday, Jan. 14, 6:30-7:15 p.m.
Instructors: Renee Oxford and Marey Scully
Have you ever been at the gym and questioned your form or if you are doing a movement correctly? At Ways to Wellness, we want you to feel confident in your movements and help prevent muscle imbalances. At this wellbeing class we will watch, correct, and guide you through foundational movement patterns. Each class is one session of a three-part series: squat and hip hinge, dead lifts, and push/pull. You do not have to attend all of the classes to participate in a single session.

MASTER MY KITCHEN:
EIGHT-PART COOKING COURSE
Take command of your kitchen!
You and your family deserve healthy, nutritious, and delicious meals that the whole gang will want to eat. This comprehensive culinary school-style course will help you develop the skills and knowledge you’ll need to properly nourish your family as quickly and easily as possible. Cooks of all skill levels are encouraged to attend.
Tuesdays: Jan. 14, 21, 28; Feb. 4, 11, 18, and 25; March 3
Time: 6-8 p.m.
Instructors: Registered Dietitian and Chef Jeremy Reinicke
Cost: $349 for all eight classes

Food for Thought: Jan. 14, 6-8 p.m.
Break down the differences between whole and convenience foods with the dietitian. We will discuss macronutrients and the role they play in our bodies. Menu: Arugula Salad with Sweet Corn and Avocado

“Convenient” Cooking: Jan. 21, 6-8 p.m.
How much time are you saving by making boxed, canned, bagged, and frozen meals? And what’s really in them anyway? We’re going to do a side-by-side comparison of prepackaged meals versus their scratch-cooked competitors. You will taste the difference, and a dietitian will explain their nutritional differences. Menu: Boxed Mac-n-Cheese; Bagged Rice; Boxed Hamburger Casserole versus Scratch Cooked

Planning and Prepping: Jan. 28, 6-8 p.m.
Learn recipe reading, common abbreviations, substitutions, and conversions. The dietitian and chef will show you how to take the stress out of meal planning and get you in and out of the supermarket. Planning and prepping skills will put dinner on the table in a snap.
Introduction to Basic Kitchen Skills: Feb. 4, 6-8 p.m.
A solid understanding of the basics can transform your kitchen into a fun and inviting place. Advance your knife skills, handling, and maintenance. Measurement and proper cooking temperatures will also be discussed.
**Menu:** Buttermilk Ranch; Classic Hummus; Greek Cucumber Sauce; Pico De Gallo

Foundation of Flavor: Feb. 11, 6-8 p.m.
Herbs, spices, and seasonings are pretty much the same thing, right? WRONG! In this session, we will explore the wonderful world of flavor. We will also discuss oils and vinegars, brines, and marinades, and how they can be used most effectively.
**Menu:** Sautéed Pork Loin with Asparagus and a Mixed Green Salad

Classic Cooking Techniques: Feb. 18, 6-8 p.m.
What does it mean to grill, fry, sauté, roast, poach, braise, and poêler? In this class, you will learn about these seven classic cooking techniques and how to best utilize them in your kitchen.
**Menu:** Braised Chicken, Sautéed Asparagus, and Red Bell Peppers; Poached Eggs; Grilled Zucchini

Fresh off the Farm: Feb. 25, 6-8 p.m.
Variety IS the spice of life! But, it is also the key to balanced nutrition, especially when it comes to fruits and veggies. Chef will grab an armful of fresh, nutritious, and seasonal veggies and show you how to apply the appropriate cooking technique to make those veggies all they can be!

Protein Powerhouse: March 3, 6-8 p.m.
Properly cooking, resting, and carving meat is important for flavor, texture, and overall enjoyment. But this is more than just a MEAT class! We will also be exploring seeds, nuts, grains, and legumes as important sources of protein.
**Menu:** Mixed Green Salad with Quinoa, Tomato, and Cucumber; Filet Mignon; Halibut; Red Beans and Rice

**STRESS RESILIENCY SKILLS**
Thursday, Jan. 16, 5:30-6:30 p.m.
Instructor: Justin Julson, CHWC
Cost: $25 per person
Come learn about the mind-body connection and the power you have to optimize your health using resiliency techniques. Our holistic lifestyle coach will dive into the impact of the stress response in the body and lead you through activities practicing resiliency skills. You’ll experience meditation and breathwork, and spend time creating a plan to make improvements in your life and overall health. Expect to leave feeling empowered and restored.

**YOGA BEACH PARTY!**
Monday, Jan. 20, 5-6:30 p.m.
Instructor: Rachel Larson
Cost: $25 per person
Break the winter blues with our Yoga Beach Party! Get sweaty with hot yoga in our beach-themed studio, followed by cool adult drinks and snacks in the kitchen. Yoga mats are provided but feel free to bring your own. No worries, you won’t get sand in your yoga pants!

**INTRO TO PILATES REFORMER**
Tuesday, Jan. 21, 10-10:45 a.m. OR Thursday, Jan. 23, 3 p.m.
Instructors: Beth Dierkhising RD, LD, Megan Green RD, LD
Cost: Free
Have you ever wondered what the Pilates Reformer is all about? Come try it out for yourself! In this free introductory class, our STOTT-certified Pilates Reformer instructors will teach you the five basic principles of Pilates and guide you through foundational movements on the Reformer. Learn why the Reformer is easy to adapt, making it beneficial for all levels of exercisers, from beginners to athletes and everyone in between! Spots are limited. Reservations required.
FUNCTIONAL NUTRITION: FOOD FOR THOUGHT AND CONVERSATION
Wednesday, Jan. 22, 5-5:45 p.m.
Cost: $25 per person
Making nutrition changes can be a challenge, but can transform your health. Meet like-minded people who are ready to take action toward positive change. A registered dietitian will lead discussion on various topics, including:
- Anti-inflammatory foods
- Gastrointestinal health
- Mindful eating techniques

TOUR DE FRANCE 🍻
Wednesday, Jan. 22, 6-8 p.m.
Instructor: Chef Jeremy Reinicke
Cost: $69 per person
We feed our bodies every day. Let’s not forget to nourish our relationships too! Grab your friend, sibling, spouse, child, or coworker and join us for this date night-style class where we learn about classic French cuisine and work together to create our feast.
Menu: Nicoise-Style Salad with Grilled Tuna, Broccoli, and Cherry Tomato; Mini Crab Cakes with Saffron Aioli; Steak Diane with Port Wine, Dijon, and Roasted Potato; Chocolate Crepes with Ricotta, Orange, and Mint

YOGA DANCE PARTY
Thursday, Jan. 23, 7-8 p.m.
Instructor: Therese Genis
Cost: $25 per person
Location: Ways to Wellness Group Fitness Room
Join us for a fun, upbeat, and positive class — no yoga or dance experience required! Explore yoga along with freestyle dancing. Discover group-led movement and joyful self-expression.

“PANNING” THE GLOBE: BRAZIL 🌍
Wednesday, Jan. 29, 6-8 p.m.
Instructor: Chef Jeremy Reinicke
Cost: $69 per person
All aboard! Get ready to experience authentic flavors and techniques used in kitchens around the world. In this session, we will get up close and personal with the flavorful and fresh cuisine of Brazil.
Menu: Empanadas with Hearts of Palm; Brazilian Shrimp and Okra Gumbo (Caruru de Camarao); Black Bean Stew with Smoked Ham and Beef (Feijoada); Acai Mousse with Granola and Fresh Berries (Acai Na Tigela)

CHILLIN’ WITH MY GRILL 🍻
Thursday, Jan. 23, 6-8 p.m.
Instructor: Chef Jeremy Reinicke
Cost: $69 per person
We are MINNESOTANS and we don’t put the grill away just because it’s a little cold outside. Join us as we crank the heat up to high and make these trendy and totally portable grilled dishes.
Menu: Grilled Marinated Vegetable Skewers with Charmoula Aioli; Pork Saltimbocca Skewers; Chicken Pinchos with Mojo Verde and Lemon Aioli; Beef and Chorizo Sliders with Cheddar and Preserved Red Onion

SUPERBOWL PARTY!
Thursday, Jan. 30, 6-8 p.m.
Instructor: Chef Jeremy Reinicke
Cost: $69 per person
Don’t be the one that brings the same old chips and canned salsa to the pregame party. Score a culinary touchdown with your friends this year with these fun and easy game day munchies!
Menu: Poutine (crispy potatoes with brown gravy and mozzarella cheese); Fresh Soft Pretzels with Cheddar cheese; Polenta Bites with Bacon, Dates, and Gorgonzola Cheese; Chipotle Beef and Beer Chili
DID SOMEBODY CALL FOR A CAB? 🚖
Friday, Jan. 31, 6-8 p.m.
Instructor: Chef Jeremy Reinicke
Cost: $69 per person
Cabernet Sauvignon is a grape that has reached iconic status in the wine world. Join us for these recipes that contain Cabernet, and experience the amazing results.
**Menu:** Mini Meatloaf with Cabernet Ketchup; Burgundy Braised Chicken Stew with Turnips; Grilled Veggies with Cabernet Butter; Poached Pear with Mascarpone and Cabernet Reduction

FEBRUARY

PULP FICTION 🍎
Monday, Feb. 3, 6-8 p.m.
Instructor: Chef and Author Robin Asbell
Cost: $69 per person
Smoothies and juices are packed with all kinds of powerful nutrients our bodies need to thrive, but those trendy smoothie bars get really expensive! Making them at home is a great way to save some serious dough! Do you wish there was something you could do with all the fruit and veggie pulp left behind? Well, now there is! Chef Robin works hard to waste nothing, so we will be making delectable baked goods with the pulp that would otherwise go to compost or the trash.
**Menu:** Veggie Six Juice; Mood Lifter Juice; Warriors Blood Juice; Green Sweetie with Honeydew; Strawberry Quinoa Smoothie; Green Smoothie with Turmeric; Carrot Pulp and Spice Bars; Beet Pulp Cocoa Muffins

THE 20-MINUTE TRAVELER’S WORKOUT
Tuesday, Feb. 4, 6:30-7:15 p.m.
Instructor: Renee Oxford, CPT
Cost: $25 per person
After sitting for hours on a plane, train, or automobile, the first thing you probably want to do is collapse onto your hotel bed. Whether it’s for business or pleasure, when you’re traveling, fitness often falls last on the itinerary. You are out of your normal environment and routine, so it’s easy to make excuses. The best way to shake the stress of travel is to work out! Make fitness just as important as your business meeting and set aside 20 minutes for a workout. This class will provide you with 10 moves to make for a killer hotel room workout. No equipment, no excuses!

INTRO TO THE FUNCTIONAL MEDICINE PROGRAM
Wednesday, Feb. 5, 5-5:45 p.m.
Instructor: Megan Green, RD, LD
Cost: Free
Come learn about our new Functional Medicine Program, now lead by Dr. Clevenger. Find out how a functional medicine approach can help identify the root cause of your chronic disease or symptoms, and treat them with an individualized, evidence-based plan. At this seminar, we will explain how functional medicine is different, what you can expect, and how to get started.

STRESS RESILIENCY SKILLS
Thursday, Feb. 6, 5:30-6:30 p.m.
Instructor: Justin Julson, CHWC
Cost: $25 per person
Come learn about the mind-body connection and the power you have to optimize your health using resiliency techniques. Our holistic lifestyle coach will dive into the impact of the stress response in the body and lead you through activities practicing resiliency skills. You’ll experience meditation and breathwork, and spend time creating a plan to make improvements in your life and overall health. Expect to leave feeling empowered and restored.
THE BOTANICAL BISTRO
Thursday, Feb. 6, 6-8 p.m.
Instructor: Chef Randi Madden
Cost: $69 per person
Plant-forward is all the RAGE right now! But what exactly does “plant-forward” mean? It’s pretty simple and not overly restrictive like so many of the fad diets out there. You ready? Eat fewer animals and more plants. That’s it! Join us for this date night-style class as we pour a glass of organic wine from Bonterra and Chef Randi shows you how to pack these plant forward dishes with flavor!
Menu: Black Bean Burgers; Orzo Salad; Brussels Sprouts Slaw; Lemon Meringue Pie

WEIGHTLIFTING 101:
HOW TO DEAD LIFT
Tuesday, Feb. 11, 6:30-7:15 p.m.
Instructors: Renee Oxford and Marey Scully
Have you ever been at the gym and questioned your form or if you are doing a movement correctly? At Ways to Wellness, we want you to feel confident in your movements and help prevent muscle imbalances. At this wellbeing class we will watch, correct, and guide you through foundational movement patterns. Each class is one session of a three-part series: squat and hip hinge, dead lifts, and push/pull. You do not have to attend all of the classes to participate in a single session.

STRONG(H)ER
Thursday, Feb. 13, 6-8 p.m.
Location: Ways to Wellness
Cost: $25 per person
Celebrate “Galentine’s Day” in the best way possible — attend our event dedicated to STRONG women! Become part of a community that lifts one another up. Get your questions answered by professionals, participate in hands-on activities, and shop, sip, and snack to support the women around you! This will be the first of many STRONG(H)ER events.

BE MY VALENTINE: DATE NIGHT
Friday, Feb. 14, 6-8 p.m.
Instructor: Chef Jeremy Reinicke
Cost: $69 per person
Wondering what to do for Valentine’s Day? Bring your sweetie to The Kitchen Table and let Chef Jeremy do the cooking for you. We will also do all the prep and clean up too; so you and your “plus one” can enjoy your evening without any of the work.
Menu: Mixed Green Salad with Citrus, Walnut, and Pomegranate; Rosemary Lamb Chop with Seared Sea Scallop and Purple Potato; Red Wine Poached Pear with Mascarpone

COUPLES MASSAGE CLASS
Friday, Feb. 14, 7-8:30 p.m.
Instructor: LeeAnn Marie, Licensed Massage Therapist
Cost: $49 per couple
Location: Ways to Wellness Group Fitness Room
Bring a loved one and connect in a fun, new way. Learn and practice a sampling of simple Swedish and Shiatsu massage techniques that you can continue to share with one another for years to come. Nurture each other and relax in this one-of-a-kind wellbeing class taught by a licensed massage/Shiatsu therapist and energy work enthusiast. Wear comfortable clothing. We will be working on chairs, mats, and pillows in the Group Fitness Room.

RUNNING FAQ
Wednesday, Feb. 19, 6:30-7:15 p.m.
Instructor: Marey Scully, CPT
Cost: $25 per person
From 5Ks to marathons, there are so many questions about the art of running. This 45-minute class will be an instructor- and participant-led experience focused on proper running techniques, customizing nutrition while training, and maximizing your plan with less mileage. If you have ever had a question related to running or training for a run, this class is for you.
**WHAT ON EARTH CAN I EAT?**
Thursday, Feb. 20, 6-8 p.m.
Cost: $69 per person
Allergies, intolerances, and sensitivities oh my! Tonight we’re going dairy, gluten, corn, soy, peanut, shellfish, alcohol, caffeine, pork, beef, and egg free. What the heck is left?! Join us to find out how to make cooking with dietary restrictions fun and delicious!
**Menu:** Pumpkin Spice Oat Bake with Cinnamon and Clove; Baked Provencal Salmon with Sweet Potato, Saffron, and Kalamata; Black Rice and Roasted Vegetable Salad with Chickpeas; Roasted Chicken Breast Stuffed with Mushrooms and Herbs
***While we will NOT be cooking with common allergens, our kitchen is full service, so we cannot guarantee no cross contact of allergens.*

**FUNCTIONAL NUTRITION: FOOD FOR THOUGHT AND CONVERSATION**
Tuesday, Feb. 25, 5-5:45 p.m.
Cost: $25 per person
Making nutrition changes can be a challenge, but can transform your health. Meet like-minded people who are ready to take action toward positive change. A registered dietitian will lead discussion on various topics, including:
- Anti-inflammatory foods
- Gastrointestinal health
- Mindful eating techniques

**YOGA DANCE PARTY**
Thursday, Feb. 20, 7-8 p.m.
Instructor: Therese Genis
Cost: $25 per person
**Location:** Ways to Wellness Group Fitness Room
Join us for a fun, upbeat, and positive class — no yoga or dance experience required! Explore yoga along with freestyle dancing. Discover group-led movement and joyful self-expression.

**MARDI GRAS CELEBRATION**
Friday, Feb. 21, 6-8 p.m.
Instructor: Chef Jeremy Reinicke
Cost: $69 per person
The first American Mardi Gras took place on March 3, 1699, when French explorers landed near present-day New Orleans. Mardi Gras is a celebration of excess: Participants consume an abundance of rich and fatty foods in preparation for weeks of religious fasting. Tonight, we will stay true to tradition with big flavorful dishes that have been modified slightly to make them a bit healthier.
**Menu:** Buttermilk Biscuits and Sausage Gravy; New Orleans BBQ Shrimp-n-Grits; Mama’s BBQ Chicken with Cajun Potato Salad; Chicken and Andouille Gumbo with Cornbread

**“PANNING” THE GLOBE: HAWAII**
Thursday, Feb. 27, 6-8 p.m.
Instructor: Chef Jeremy Reinicke
Cost: $69 per person
All aboard! Get ready to experience authentic flavors and techniques used in kitchens around the world. Spice up your family’s dinnertime by getting up close and personal with cuisine from all across the globe.
**Menu:** Ahi Tuna Poke Salad with Cucumber, Edamame, and Avocado; Teriyaki Spam Sliders with Grilled Pineapple, Red Onion, and Cilantro; Huli-Huli Chicken (BBQ Chicken with Pineapple, Soy and Ginger)

**HAPPINESS WORKSHOP**
Thursday, Feb. 27, 6-7 p.m.
Instructor: Therese Genis
Cost: $25 per person
**Location:** Ways to Wellness Group Fitness Room
Come join us for a workshop dedicated to discovering tools for happiness! We will look into the latest research around happiness and talk about tips and strategies for bringing more happiness into your life. Experience hands-on activities, laughter, and smile meditation.
THE SOUTHERN BARBEQUE
Friday, Feb. 28, 6-8 p.m.
Instructor: Chef Jeremy Reinicke
Cost: $69 per person
From sauces and marinades to precision techniques, no one BBQs like they do in the Deep South. So bring your best southern drawl and your appetite, and get ready for a flavor explosion.
Menu: Sticky BBQ Chicken with Celery Root Slaw; Peach Pit Pulled Pork Sandwiches with BBQ Beans; Alabama-Style White BBQ Shrimp with Horseradish, Mustard, and Creamy Grits

PASTA 101
Friday, March 6, 6-8 p.m.
Instructor: Chef Jeremy Reinicke
Cost: $69 per person
No store-bought pasta can come close to the flavor and quality of the pasta you can make with your own hands. In this class, you will prepare, cook, and enjoy your own from-scratch pasta.
Menu: Fettuccini with Alfredo Sauce; Ravioli with Ricotta and Spinach; Tortellini with Protein-Packed Pasta Sauce; Potato Gnocchi

MARCH

INTRO TO THE FUNCTIONAL MEDICINE PROGRAM
Wednesday, March 4, 5-5:45 p.m.
Instructor: Megan Green, RD, LD
Cost: Free
Come learn about our new Functional Medicine Program, now lead by Dr. Clevenger. Find out how a functional medicine approach can help identify the root cause of your chronic disease or symptoms, and treat them with an individualized, evidence-based plan. At this seminar, we will explain how functional medicine is different, what you can expect, and how to get started.

TAPAS + VINO
Wednesday, March 4, 6-8 p.m.
Instructor: Chef Jeremy Reinicke
Cost: $69 per person
Tapas-style small plates are as popular as ever, and for good reason! Pair them up with a few classic Spanish wines and who wouldn’t want to experience as many different plates as possible? Are you ready for this culinary thrill ride?
Menu: Air Fried Potato Croquettes with Manchego Cheese and Serrano Ham; Chicken Pinchos with Mojo Verde; Esquites-Style Roasted Brussels Sprouts; Piquillo Peppers stuffed with Honey-Scented Chevre and Herbs

STRESS RESILIENCY SKILLS
Tuesday, March 10, 5-6 p.m.
Instructor: Justin Julson, CHWC
Cost: $25 per person
Come learn about the mind-body connection and the power you have to optimize your health using resiliency techniques. Our holistic lifestyle coach will dive into the impact of the stress response in the body and lead you through activities practicing resiliency skills. You’ll experience meditation and breathwork, and spend time creating a plan to make improvements in your life and overall health. Expect to leave feeling empowered and restored.

COUPLES MASSAGE CLASS
Friday, March 13, 7-8:30 p.m.
Instructor: LeeAnn Marie, Licensed Massage Therapist
Cost: $49 per couple
Location: Ways to Wellness Group Fitness Room
Learn and practice a sampling of simple Swedish and Shiatsu massage techniques that you can continue to share with one another for years to come. Nurture each other and relax in this one-of-a-kind wellbeing class taught by a licensed massage/Shiatsu therapist and energy work enthusiast. Wear comfortable clothing. We will be working on chairs, mats, and pillows in the Group Fitness Room.
PUTTING OUT THE FLAME WITH ANTI-INFLAMMATORY FOODS

Monday, March 16, 6-8 p.m.
Instructor: Chef and Author Robin Asbell
Cost: $69 per person

Got aches and pains? Symptoms of chronic inflammation are not always obvious, but can lead to an array of complications and atypical symptoms that we seldom associate with food. Our best defense is to eat anti-inflammatory foods, and cut out the foods that often feed the inflammatory responses. Lucky for us, the foods that protect us are also delicious!

Menu: Coconut Curry Salmon Stew over Brown Rice; Roasted Broccolini in Pistachio Pesto; Wild Rice and Blueberry Salad with Ginger; Black Bean Chili with Cornbread; Blueberry Granola Tart with Dark Chocolate Drizzle

WEIGHTLIFTING 101: HOW TO EXECUTE PUSH/PULL EXERCISES

Tuesday, March 17, 6:30-7:15 p.m.
Instructors: Renee Oxford and Marey Scully

Have you ever been at the gym and questioned your form or if you are doing a movement correctly? At Ways to Wellness, we want you to feel confident in your movements and help prevent muscle imbalances. At this wellbeing class we will watch, correct, and guide you through foundational movement patterns. Each class is one session of a three-part series: squat and hip hinge, dead lifts, and push/pull. You do not have to attend all of the classes to participate in a single session.

ST PATTY’S DAY CELEBRATION

Tuesday, March 17, 6-8 p.m.
Instructor: Chef Jeremy Reinicke
Cost: $69 per person

Established as a day of feast, the first St Patrick’s Day celebration is said to have taken place on March 17, 1631. Today we honor St. Patrick with a traditional Irish brew and a contemporary take on traditional Irish dishes.

Menu: Pressure Cooker Corned Beef and Cabbage; Salmon Potato Cakes with Honey Dijon Aioli; Sweet Potato Hash with Sunny Egg, Bacon, and Chipotle Hollandaise

THE SPICE SAFARI

Wednesday, March 18, 6-8 p.m.
Instructor: Chef Randi Madden
Cost: $69 per person

Want big robust flavor without adding an overabundance of the typical suspects: salt, sugar, and eeeeeeek … FAT?! Join Chef Randi as she goes over the fundamentals of cooking with SPICES. Things like optimal freshness, blends, preground versus whole, and toasting can make a huge difference in the aroma and flavor that spices bring to your kitchen.

Menu: Pakoras (Indian Vegetable Fritters); Konju Masala (Shrimp in Masala Sauce); Perfumed Persian Polow; Creamy Saffron Dessert

“PANNING” THE GLOBE: GREECE

Thursday, March 19, 6-8 p.m.
Instructor: Chef Jeremy Reinicke

All aboard! In this six-part series, we will get up close and personal with the cuisine of Italy, India, Greece, China, El Salvador, and Thailand. Join us for one or all six!

Menu: Chicken Gyros with Cucumber Yogurt Sauce; Classic Falafel with Quinoa Tabbouleh Salad; Dolmades (Ground Beef and Rice Stuffed Grape Leaves) with Olive and Meyer Lemon
WHERE’S THE BEEF?! 🍗🥩
Friday, March 20, 6-8 p.m.
Instructor: Chef Jeremy Reinicke
Cost: $69 per person
It's right here at The Kitchen Table! Learn how to cook restaurant-quality steaks and recreate these iconic steakhouse side dishes in your own kitchen.
**Menu:**
- New York Strip Steak with Caesar Salad
- Filet Mignon with Grilled Asparagus
- Ribeye Steak with Loaded Mashed Potatoes

TACO TUESDAY!!! 🌮...
Tuesday, March 24, 6-8 p.m.
Instructor: Chef Jeremy Reinicke
Cost: $69 per person
It's Taco Tuesday!!! Tonight we're going to crank up the salsa music and learn all about the fundamentals of from-scratch, handmade tacos.
**Menu:**
- Tacos al Pastor (Grilled, Marinated Pork Roast with Pineapple)
- Barbacoa Tacos
- Shredded Chicken Tacos
- Homemade Corn Tortillas, Mexican Guacamole, Salsa Verde and Pico De Gallo

HAWAIIAN HIIT WAVE
Wednesday, March 25, 6:30-7:15 p.m.
Instructor: Marey Scully, CPT, and Maddie Anderson
Cost: $25 per person
ALOHA! Maybe you missed spring break this year and you are looking for a quick escape from the cold weather. Join us at Ways to Wellness for a fun, beach-themed workout to get rid of the springtime flurries and get excited for beach weather! This class is a mix of barre and cardio to give you a full body workout. Stay for refreshments in the kitchen!

FUNCTIONAL NUTRITION: FOOD FOR THOUGHT AND CONVERSATION
Thursday, March 26, 5-5:45 p.m.
Cost: $25 per person
Making nutrition changes can be a challenge, but can transform your health. Meet like-minded people who are ready to take action toward positive change. A registered dietitian will lead discussion on various topics, including:
- Anti-inflammatory foods
- Gastrointestinal health
- Mindful eating techniques

BOY MEATS GRILL 🍗🥩
Thursday, March 26, 6-8 p.m.
Instructor: Chef Jeremy Reinicke
Cost: $69 per person
Let's get OUTSIDE and polish up your grilling skills while getting up close and personal with protein! Grilling is a quick cooking technique that allows you to develop deep, satisfying flavor without using additional undesirable fats.
**Menu:**
- Pork Medallions with Grilled Pineapple Chutney
- Grilled NY Strip Steaks with Bleu Cheese and Chive Compound Butter
- Sweet and Spicy BBQ Chicken Wings
- Fresh-Ground Mini Burgers with Bacon and Cheddar

WHAT ON EARTH CAN I EAT? 🎓...
Tuesday, March 31, 6-8 p.m.
Cost: $69 per person
Allergies, intolerances and sensitivities oh my! Tonight we’re going dairy, gluten, corn, soy, peanut, shellfish, alcohol, caffeine, pork, beef, and egg free. What the heck is left?! Join us to find out how to make cooking with dietary restrictions fun and delicious!
**Menu:**
- Pumpkin Spice Oat Bake with Cinnamon and Clove
- Baked Provencal Salmon with Sweet Potato, Saffron, and Kalamata
- Black Rice and Roasted Vegetable Salad with Chickpeas
- Roasted Chicken Breast Stuffed with Mushrooms and Herbs

***While we will NOT be cooking with common allergens, our kitchen is full service, so we cannot guarantee no cross contact of allergens.*
WAYS TO WELLNESS PRIVATE CULINARY EVENTS

Spice it up! Celebrate your next event with Ways to Wellness. Experience an interactive and creative culinary event that can include wine or beer. Our staff will partner with you to design a memorable, one-of-a-kind event.

Ways to Wellness has a state-of-the-art teaching kitchen we call The Kitchen Table because it is a welcoming, friendly place. We will provide the perfect experience, whether you are looking for a healthy alternative to a fun night out or a unique team building opportunity.

- Birthday parties
- Bridal showers
- Baby showers
- Holiday parties
- Rehearsal dinners
- Family gatherings
- Retirement parties
- Corporate entertaining
- Meetings
- Team building
CHOOSE YOUR MENU

Standard event is $89 per person and includes four courses of your choice. Upgrades available for additional course, facilitated team building, and more!

For standard four-course menu, choose one menu item from each category below:

Salad
• Grilled Caesar Wedge Salad with Freshly Toasted Croutons and Homemade Dressing
• Mediterranean Tuna Salad with Tomato, Capers, and Olives (GF, DF)
• Classic Cobb Salad with Bacon and Bleu Cheese Herb Vinaigrette
• Kale Salad with Sweet Potato and Green Beans (V, GF, DF)

Starter
• Southern Shrimp and Grits with Sweet Potato and Leeks (GF)
• Grilled Pizza with Prosciutto and Manchego
• Minnesota Wild Rice Soup with Carrots and Parsnips
• White Bean and Chicken Chili with Orange Zest and Chipotle (GF)

Main Course
• Angus Pot Roast with Fresh Herbs and Potato Puree (GF)
• Cast Iron Hash with Kielbasa, Cabbage, and Green Chilies (GF)
• Braised Brisket in Spicy Puttanesca Sauce (GF, DF)
• Classic Chicken, Chorizo, and Shrimp Paella (GF, DF)
• Yucatecan Braised Pork Tacos with Radish, Cilantro, and Lime (GF, DF)

Dessert
• From-Scratch Strawberry Shortcake with Amaretto Whip and Mint
• Sweet Potato Crepes with Flamed Apple Chutney (GF, DF)
• Classic Tiramisu with Espresso and Mascarpone
• Acai Mousse with Granola and Fresh Berries (V, DF)

To book your event or for more information, call 651.232.1926.

GF = Gluten Free
V = Vegetarian
DF = Dairy Free

*Water, coffee, and tea are included.
For more information on additional Fairview services:

fairview.org  |  651-326-CARE (2273)