

# A Gullah/Geechee Soul Food Seminar: for Health and Wellness

Pre- register and receive a FREE goodie bag with a gift from your host and sponsors

## Gullah/Geechee Angel Network and Craves Soul Food

Where: Lowcountry Food Bank • 2864 Azalea Dr. • Charleston, SC 29405



This is a unique seminar for our community; the Gullah/Geechee Soul Food: Health and Wellness Seminar is a seminar that will provide comprehensive nutritional information of Gullah/Geechee Soul Foods with reference to historical and current cooking, eating, and lifestyle habits. This seminar will offer healthy ways to cook Gullah/Geechee Soul Foods, and discuss issues concerning balancing out a Soul food meal.

"A Gullah/Geechee introduction to Health and Wellness"

Food for Health and Soul: A Mini Buffet and Seminar Designed to Facilitate Healthful Gullah/Geechee Soul Foods.

- Rediscovering Foods for the Soul
- Family Favorites
- Natural Soul Foods
- Biblical Recipes and Tastings
- A Culture: a Nation
- Healthy **Soul Food** Demo

**The mission of Gullah/Geechee Angel Network:** To preserve, protect and promote the cultural heritage of the Gullah/Geechee People who have lived in the southeastern portion of the United States of America from North Carolina to Jacksonville Florida 30 miles inland (known as the "Low Country") for over 300 years. To connect all people, not just in the 50 states, but internationally throughout the Diaspora, Europe, Caribbean and Africa.

**Hosted by:** Gullah Geechee Angel Network and Craves Soul food Restaurant & Catering Services

**Speakers and Presenters:** Founder/Director of The Gullah/Geechee Angel Network, Elder Carlie Towne; Director of CRAVES Soul Food Catering Department, Ra'Gina T. Saunders; & Mr. Wendell Nolan of The Sentinel Newspaper and Internet webcast Production, and more.. .

Pre-register: Ph.843-572-6788 Fax:763-431-7630	
Name _____	We recommend that you reserve your <b>date</b> in advance
Phone _____	<b>Dates Below: CHECK Only ONE DATE PLEASE</b>
Address _____	<input type="checkbox"/> Friday, April 23 <sup>rd</sup> 11am
_____ St _____ zip _____	<input type="checkbox"/> Saturday, April 24 <sup>th</sup> 11am
	<input type="checkbox"/> Other (Next Available Date)
email: _____	OUR Email: <a href="mailto:ctowne90@hotmail.com">ctowne90@hotmail.com</a>

**Goal and Objective 7: Health and Nutrition Awareness:** To explore lifestyles, food staples, food cultivation and preparation of Gullah/Geechee cuisine, as well as developing holistic programs to promote well being.

Guest#: \_\_\_\_\_