



## *Continuing Education Workshops*

Workshop Description	Date	Cost
<p style="text-align: center;"><b><i>Cooking Made Easy! Part Two!</i></b></p> <p>In this class, Cooking Made Easy, Chef Terrance will teach you how to Cure, Saute', Braise, and Develop a creamy dessert. Summer gives us so many flavors and options for tickling the palate. Won't you come cook, commune, and celebrate summer with us? Spend the afternoon connecting with your fellow students and witnessing creative genius in the kitchen with Chef Terrance. Your tummy will be filled and nourished like never before. Summer menu is:</p> <ul style="list-style-type: none"> <li>• Vegetable "Pasta" Cured and dressed in a sundried tomato pesto</li> <li>• Sauted' spring garlic greens w/ grilled bruschetta</li> <li>• Yellow Indian Woman beans braised in a rich veggie broth with assorted veggies and locally grown heirloom rice.</li> <li>• Creamy Chia Pudding</li> </ul>	<p><b>5/18 12-4</b></p>	<p><b>\$99</b></p>
<p style="text-align: center;"><b><i>Nutrition On-the-Go Healing and Rehabilitating w/Nutrition Elite Physical Therapy, Deale, Md.</i></b></p> <p>Are you busy, schedule-challenged, and confused about all of the conflicting nutrition advice floating about? Owner, Susan L. Spangler, IIN Certified Health Coach and Nationally Credentialed Pilates and Yoga teacher will listen to your nutrition and health needs/goals and share an easy 5-step approach to taking good <b><i>NUTRITION ON-THE-GO.</i></b></p>	<p><b>5/8 5:30 p.m.</b></p>	<p><b>FREE</b></p>
<p style="text-align: center;"><b><i>Essential Oils</i></b></p> <p>We invite you to this FREE workshop on the healing benefits of essential oil. You will learn about Young Living Essential Oils to enhance your wellness, purpose and abundance for a better life for you and your family. You will learn the different ways you can use essential and be introduced to TEN Everyday Essential Oils that will change your life!</p>	<p><b>6/8 12-2</b></p>	<p><b>FREE</b></p>
<p style="text-align: center;"><b><i>Transform Your Health Five Easy Steps</i></b></p> <p>Do you know where you are being exposed to toxins? Do you ever get headaches? Do you enjoy eating in restaurants, or have you noticed that you start to feel sick after eating on the economy? Is your life in perfect balance or deep down are there some "things you know you need to change?" Come and join your fellow students and learn how to Transform Your Health in 5 Easy Steps!</p>	<p><b>6/30 7p.m.</b></p>	<p><b>FREE</b></p>

**MEET YOUR PRESENTERS ON THE BACK!**





301-952-1111 | 973-498-6955 (fax) | [www.pilatespluscenter.com](http://www.pilatespluscenter.com)

## Pilates Plus Workshop Presenters



**Susan Spangler, Health Coach  
Owner Pilates Plus Wellness Center**

Susan is a Pilates Method Alliance (PMA) Nationally Certified Instructor and a PMA business member. She is a Level III Comprehensive Peak Pilates Instructor. Susan completed the Certified Christian Yoga Teacher Training (CCYT) with Yahweh Yoga in Chandler Arizona in 2011 and completed her (RYT) Registered Yoga Teacher certification. Susan attended Balanced Body Yoga Therapy Training in Spring 2010. Ms. Spangler graduated from the Institute of Integrative Nutrition in New York City and is a Level II Raw Chef certified under Alyssa Cohen. Susan gained her certification as a Consulting Hypnotist and is a member in good standing in the National Guild of Hypnotists. Under the purview of Pro-Skills Plus, Ms. Spangler delivered professional skills training programs and consulted with business, industry and government for over 25 years. She specializes in Stress Management and Customer Service.



**Terrance Murphy, Chef  
Owner, We'll Juice Mobile**

Chef Terrance is a classically trained from the Art Institute Culinary School. He's worked in and run kitchens from "Café Green" vegan restaurant, Celebrity Chef Isabella's "Graffiato", Executive Chef at the Virginia Theological Seminary, and other reputable kitchens. His cuisine emphasis is local seasonal ingredients which he celebrates by hosting collaborative cooking demos with local agricultural organizations including, Accokeek Foundation, Taste of Southern Maryland, Centro Ashe Apothecary amongst others. He also operates and owns We'll Juice Mobile; a live organic juicing service hosted by Pilates Plus Wellness Center. Your taste-buds will be thoroughly thrilled by his no-frills, ingredient first approach to cooking.

