

Community Enrichment Fitness Network

CEFN teams up with Faith Community United for a Healthier Germantown's Smart Health Fest "14"



James Mitchell, TV Chef for CEFN prepares sample smoothies and vegan chili for Health Fair attendees

Saturday, June 14, 2014 was a beautiful day for Faith Community United for a Healthier Germantown (FCUHG) 9th annual Smart Health fest "14". The event was held at Vernon Park in Germantown. This year FCUHG worked in partnership with the ACES Museum and State Representative Stephen Kinsey's office. There were 35 healthcare vendors, healthcare screenings, and a healthy cooking demonstration. PECO energy gave away 10-year light bulbs, and free raffles. Also, an exciting Kids zone with Ronald McDonald, Elmo, Balloon Lady and Face painting were featured. On stage our host Lady Halima, presented the Wesley Norton Jazz Trio, Pitch Black Jazz Group and the Teen Challenge Gospel Choir. The 2014 Honorary Chairmen were Dr. Edith Mitchell, State Senator Anthony Williams, Drs. John and Janice Bowden and Annette Gordy.

The second half of the Fest was presented by the ACES Museum with Host Mr. Hollywood and featured the Delfonics Revue, Three Degrees Revue, Stylistics Revue, Vivian Lewis and the OHB Evolution Band. The event was sponsored by St Luke's Episcopal Church, Gateway Health, Stan Smith, Germantown Pharmacy, Orthodox Auto Company, Quality Motor Company and the Office of the Mayor.



Sherry Hill, Director of CEFN with her Drexel University interns, Ying Zhang and My Duong

One of the healthcare agencies, Community Enrichment Fitness Network's (CEFN) TV chef, James Mitchell prepared refreshing green smoothies and samples of his Award-winning Vegan Chili. Attendees loved every bit of it.

According to Ying Zhang, CEFN's Drexel intern, "I enjoyed many of the activities the Health Fair offered, especially the Drill Team/Ronald Mc Donald Procession to Vernon Park. Everyone enjoyed themselves and I think it was because there was so much to experience. It was great to see how much fun both the children and adults had dancing with Elmo. It was a great reminder that healthy living should be a health priority", stated Ying.

According to Hildergarde Freeman, FCUHG's coordinator, "The feedback from participants and vendors were very good". Sherry Hill, CEFN's director and founder stated that she looks forward to participating in the health fair each year.

Hildergarde Freeman and Saadiq Garner, FCUHG's chairperson, were also very pleased that the 9th annual Health Fair was a smashing success. For more information about participating in the FCUHG's 10th annual Health Fair, call Hildergarde Freeman at 215-520-2466.

CEFN teams up with Penn Medicine CAREs to launch Nutrition Awareness and Healthy Cooking Demo Project



Cynthia Bedeau, CEFN's TV chef with Drexel University interns, Ying Zhang and My Duong



Cynthia Bedeau is seen here getting ready to serve a delicious healthy meal to the residents at Opportunity Towers, sponsored by Gateway Health

CEFN is in the process of launching a Nutrition Awareness and Healthy Cooking Demonstration project, targeting the elderly who reside in senior housing sites. This project will consist of offering nutrition awareness workshops and healthy cooking demonstrations to neighboring communities. With a focus on the elderly, CEFN's nutrition consultant will offer tips on healthy cooking and eating.

The workshops will teach the fundamentals of making healthier food choices. Participants will receive food safety tips, learn how to plan and prepare healthy meals; develop a shopping list, read nutrition labels and how to prepare and freeze meals for the week.

CEFN will be inviting its own Public Access TV chefs and nutrition consultants to facilitate a 1^{1/2} - 2 hour workshop on basic nutrition, healthy meal preparation and demonstration. The workshop will meet once-a-week. The nutrition consultant and chef will focus on preparing different types of easy-to-prepare breakfast, lunch, and dinner meals, healthy snacks, smoothies, etc. Participants will be expected to participate in the cooking demos, as well as participate in a five-week workshop series. At the end of the series, participants will prepare a healthy dish from the recipes learned during their workshops to be served at their graduation ceremony. Each participant will receive a Certificate of Completion.

Stay tuned for more details about this exciting project in the near future. For more information, call Sherry Hill at 215-858-4957.



Chef Donna Fountain prepared a Healthy breakfast on April 16, 2014 for the Tioga Presbyterian Apartment residents, sponsored by Gateway Health

CEFN partners with 7165 Lounge to launch Dining with Philly's Finest Chefs

Are you tired of serving your family the same old meals?

Would you like to learn how to prepare healthier meals and make healthier food choices?

If the answer is "Yes" please join CEFN's Healthy Cooking Dining with Philly's Finest Chefs on **August 20**, 2014, 6-8:30 pm at 7165 Lounge, 7165 Germantown Ave. Philadelphia., PA, 19119



Brett Jolly and Friends will provide live entertainment



*Dr. Paul Hopkins, N.D,
Doctor of Naturopathy*



*Cynthia Bedeau,
CEFN TV Chef*

CEFN is excited about partnering with 7165 Lounge with launching the Healthy Cooking Dining with Philly's Finest Chefs program. The purpose of the Healthy Cooking Demonstration project is to promote healthy eating and cooking in the North and West Philadelphia area. "We want to introduce CEFN's friends to the importance of making healthier food choices", stated Sherry Hill, CEFN's Director and Founder.

We plan to accomplish the above objectives by having on-going events held at **7165 Lounge**. The first event will consist of a workshop discussing the benefits of healthy eating and cooking by Dr. Paul Hopkins, N.D (Doctor of Naturopathy), for approximately 1 hour, and a 15-20 minute cooking demo of a healthy meal prepared by Chef Cynthia Bedeau. The demonstrated meal will be served to the attendees for a cost included in the package. The chef will distribute recipes of the meal at the end of the cooking demonstration. The entire event will run for approximately 2½ hours from 6:00-8:30pm. Afterwards, the attendees can stay for live entertainment with Brett Jolly and Friends. A raffle and other surprises will be offered.

For ticket information visit CEFN's website at www.cefn.org or contact Sherry Hill at 215-858-4957/ sherryhill@msn.com

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Community Enrichment Fitness Network and the 7165 Lounge



Presents

Healthy Cooking "Dining with Philly's Finest Chefs"



Dr. Paul Hopkins, N.D.
(Doctor of Naturopathy), a
dynamic and powerful
speaker, and host of *The
Green Hour* radio show
station WURD 900 am every
Sunday, 11 am to 12 pm.
www.drpaulherbs.com



Live Jazz
featuring
Brett Jolly & Friends

*Tired of Eating the Same
Old Meals?*

*Learn how to prepare healthier
meals and
make healthier food choices!!!*

WHEN: AUGUST 20, 2014

TIME: 6:00PM – 8:30PM

WHERE: 7165 LOUNGE
7165 Germantown Ave
19119



Cynthia Bedeau's Health Consortium
specializes in preparing healthy, delicious
and nutritious transitional meals.

Dinner Menu

3 Course Meal – Recipe Handout



- ❖ Mango Salsa Chicken
- ❖ Parmesan Crusted Tilapia
- ❖ Black Rice W/ Roasted Veggies
- ❖ Sesame Green Beans
- ❖ Mixed Green Salad W/ Dinner Roll
- ❖ Healthy Dessert

PROGRAM

Dr. Paul Hopkins' Nutritional Talk:
"Food Fo Yo Soul"

CEFN's TV Chef, Cynthia Bedeau
"Cooking Demonstration & Dinner"

**TICKET INFO: ADVANCE \$20.00
 AT DOOR \$25.00**

Ticket sales online at www.cefn.org,
octobergallery.com or call Sherry Hill at 215-858-4957

Raffle Compliments of 7165 LOUNGE

