

# *Healthy International Holiday Celebration Cooking Demonstration*

**Thursday, November 12**

**12:00-1:00 PM**

**IPFW Walb Union, room 222**

**Celebrate the upcoming holidays by learning more about what other cultures prepare and enjoy!**

Ramzi Saadeh, International Student Services and culinary student at Ivy Tech and Elaine Mourad, culinary arts student, will present an information session and demonstration about grape leaves, the way they are first collected from the vine trees and ways to preserve them to keep their freshness. They will demonstrate the way they are stuffed and rolled, different foods to stuff in them and how to cook them. They will also present several different middle eastern herbs. Light lunch provided.

*This is the third and final part to the IPFW Health and Wellness fall nutrition series.*



**IPFW Health &  
Wellness**

IPFW Department of Athletics, Recreation and Intramural Sports  
[www.ipfw.edu/health](http://www.ipfw.edu/health)

Contact: Jen Roherty, 481-6746 or Judy Tillapaugh, 481-6647



Sponsored by the Department of Athletics, Recreation and Intramural Sports, IPFW/Parkview Health and Wellness Clinic and a very special thank you to the IPFW Office of Diversity and Multicultural Affairs