



JANUARY – MARCH 2018

COOKING *and* WELL-BEING CLASSES

at HEALTHEAST WAYS TO WELLNESS IN WOODBURY

Open to the public



healtheast.org

HealthEast 

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 Jumpstart on improving your health and well-being. It's all about you, so get started today on your journey.

OUR INTEGRATIVE PROGRAMS INCLUDE*:

- Life Coaching
- Cooking Classes
- Personal Training
- Nutrition Consultations
- Chef Consultations
- Pilates Reformer
- Yoga & Meditation
- Group Fitness
- Physical Assessments
- Health Psychology*
- Massage
- Functional Nutrition

GET STARTED TODAY:

You can schedule a complimentary consultation to learn about our broad range of services, or simply book your cooking or well-being class today. 651-232-1926 or visit www.discoverw2w.org.

NEW! SAVE WITH COOKING CLASS "PACKS"

3-Pack of cooking classes: **\$138**
5-Pack of cooking classes: **\$199**
First time attendees save **\$20** with promo code "letscook!"

A MESSAGE FROM THE FOUNDER:



“ Nothing is more important than your personal health and well-being. 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! ”

*With the exception of Health Psychology visits, 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.

JANUARY

COOK WELL FOR KIDS*
AGES 7 AND UP 

Tuesday, January 2, 10 - 11:30 am

Instructor: Jeremy Reinicke

Cost: \$30 per person

My Oh My, Chicken Pot Pie

Join our Chef and explore the wonderful world of food and cooking. In this class, your “little chef” will practice their knife skills, chopping up carrots, celery and onions. Then we will assemble our own personal Chicken Pot Pies!

Menu: Individual Chicken Pot Pie

CULINARY RX – FOR CARDIAC WELLNESS

Wednesday, January 3, 11 am - 1 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

Hippocrates is considered the father of modern medicine. One of his most famous quotes is “Let food be thy medicine, and medicine be thy food”. Join us as we dispel the myth that heart healthy food must be bland and flavorless.

Menu: Garlic and Herb Crusted Fillet Mignon with Sweet Potato puree and Sautéed Green Beans with Lemon

CONQUERING THE CARB CRAZE!

Thursday, January 4, 5 - 7 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

In this class, you will help prepare and taste well-balanced, mouth-watering dishes composed of healthy carbohydrates, fats and proteins. Leave with an understanding of how to eat well for optimal energy, mental function and taste.

Menu: Dijon Pork Chops with Juniper Berries and Classic Ratatouille

FRIDAY NIGHT BITES 

Friday, January 5, 6 - 8 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

We need to feed our bodies every day. Don’t forget to nourish your relationships too! Grab your friend, sibling, spouse, child or coworker and join us for this “date night” style class where we work together to create our feast.

Menu: Shrimp and Pear Salad with Tarragon Vinaigrette; Himalayan Salt Block Roasted Pork Loin with Plum Sauce; Risotto with Sweet Peas and Asparagus; Flourless Chocolate Torte with Key Lime and Fig Compote

FIGHT INFLAMMATION WITH FOOD

Tuesday, January 9, 5 - 7 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

Learn how to reduce inflammation in your body, while preparing and experiencing mouth-watering omega-3, fiber and probiotic rich foods.

Menu: Walnut Crusted Chicken Breast with Cherry Glaze, Rosemary and Purple Potato.

Blue indicates **COOKING CLASS**

Green indicates **KIDS COOKING CLASS**

Pink indicates **WELL-BEING CLASS**



Hand icon = Full Participation Cooking Class

All cooking classes have some element of participation

BRAIS'N N BOLD

Wednesday, January 10, 6 - 8 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

Nothing warms you up better than dinner made in that big cast iron Dutch oven. Beautifully tender meats, well developed flavors, veggies and grains cooked just right! These are the things that feed our bodies and nourish our souls.

Menu: Beef Burgundy with Bacon and Brussels Sprouts

CULINARY RX – FOR WEIGHT LOSS

Thursday, January 11, 11 am - 1 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

Hippocrates is considered the father of modern medicine. One of his most famous quotes is “Let food be thy medicine, and medicine be thy food”. Join us as we dispel the myth that healthy food must be bland and flavorless.

Menu: Spinach Salad with Strawberry and Asian Pear; Broccoli and Beef with Red Bell Pepper and Bok Choy

INTRO TO FUNCTIONAL NUTRITION SEMINAR

Tuesday, January 16, 3 - 3:45 pm

Instructor: Lisa Hellem, RD, LD

Cost: FREE (Registration is required as space is limited)

Get healthy, lose weight, reduce pain, improve digestion, and increase your energy level! Find out what all the buzz is about with our new Functional Nutrition Program. At this seminar, we will explain how Functional Nutrition is different from common treatment plans, what you can expect and how to get started. Join one of our Registered Dietitians at The Kitchen Table for more information and a gut healing, anti-inflammatory treat.

PRO-APPROACH TO MEAL PLANNING

Wednesday, January 17, 5 - 7 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

Don't start from scratch every day! Don't eat the same thing every day either. Make one meal and reinvent it throughout your week. This will save time and money!

Menu: Grilled Flank Steak on Focaccia with Zucchini, Smoked Gouda, and Creamed Horseradish; Sizzling Steak Fajitas with Rice, Bell Pepper and Red Onion. Flank Steak Salad with Mixed Greens, Grapes and Fig.

YOGA, WINE, CHOCOLATE AND DREAM BOARD WORKSHOP

Thursday, January 18, 4:30 - 6:30 pm

Instructors: Emily Kline and Lisa Somerville,

Life Coaches

Cost: \$49 per person

Ladies Night Out! After a fun yoga flow, you will enjoy wine, chocolates and tasty bites while designing your own 2018 Dream Board. Dream Boards are a creative and fun way to bring your New Year's vision to life. Feel free to bring your favorite magazines or pictures.

BUBBLES AND BITES

Friday, January 19, 6 - 8 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

You may have rung in the New Year by raising a glass of sparkling wine, but how much do you know about that bubbly libation? Join us to learn about sparkling wine and taste the appetizers that make them shine.

Menu: Grilled Shrimp with Citrus Vinaigrette and Serrano Chili; Chorizo Stuffed Mushrooms with Manchego Cheese; Smoked Salmon Crostini with Mascarpone, Honey and Pear; Dark Chocolate Dipped Strawberries with Mint

TONIC: A RESILIENCY & MIND-BODY SKILLS SERIES

Mondays, January 22, 29, February 5, 12, 19 and 26

Time: 4:30 - 6:00 pm

Instructor: Lisa Somerville, NBC-HWC

Cost: \$250

Here is your opportunity to refuel! In this restorative six-week group series, you will experience a variety of mind-body practices designed to promote a sense of calm, joy, connection, and inner strength. A few of the practices you will explore are moving meditation, guided imagery and mindfulness.

PANNING THE GLOBE – BRAZIL

Tuesday, January 23, 6 - 8 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

All Aboard! Get ready to experience authentic flavors and techniques used in kitchens around the world. In this series, we will get up close and personal with cuisine from all across the globe.

Menu: Empanadas with Hearts of Palm; Brazilian Shrimp and Okra Gumbo (Caruru de Camarao); Black Bean Stew with Smoked Ham and Beef (Feijoada); Brazilian Coconut Flan (Quindim)

MEAL PLANNING AND PREP FOR WEIGHT LOSS

Wednesday, January 24, 11 am - 1 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

A little preparation can go a long way towards helping us reach our weight loss goals. Power through your day with these protein-packed lunches that will give you the boost you need to get through your day.

Menu: Grilled Chicken Burrito Bowl with Black Beans and Chia Vinaigrette; Herbed Vegetable Soup with Lentils, Quinoa and Basil Pesto; Ginger Beef Edamame Bowl with Sesame and Wilted Bok Choy.

SUPERBOWL PARTY!!!

Wednesday, January 31, 6 - 8 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

Score a culinary touchdown 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

FEBRUARY

MASTER MY KITCHEN - 8 PART COOKING COURSE

Develop cooking skills to create lifelong habits for yourself and your family. Take command of your kitchen!

Thursdays - February 1, 8, 15, 22 March 1, 8, 15 and 22

Time: 6 - 8 pm

Instructor: Beth Dierkhising, RD, LD, and Jeremy Reinicke

Cost: \$349 for all eight classes

Food for Thought: February 1, 6 - 8 pm

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: February 8, 6 - 8 pm

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 vs 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 vs. Scratch Cooked

Planning and Prepping: February 15, 6 - 8 pm

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:

February 22, 6 - 8 pm

A solid understanding of the basics can transform your kitchen into a fun and inviting place. Advance your knife skills, handling and maintenance. Measuring and proper cooking temperatures will also be discussed.

Menu: Buttermilk Ranch, Classic Hummus, Greek Cucumber Sauce, Pico De Gallo

Foundation of Flavor: March 1, 6 - 8 pm

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: March 8, 6 - 8 pm

What does it mean to grill, fry, sauté, roast, poach, braise and poeler? 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 Egg, Grilled Zucchini

Fresh off the Farm: March 15, 6 - 8 pm

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 22, 6 - 8 pm

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 proteins.

Menu: Mixed Green Salad with Quinoa, Tomato and Cucumber; Filet Mignon; Halibut; Red Beans and Rice

VALENTINES DAY DINNER

Friday, February 2, 5 - 7 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

Nothing says "I love you" like taking the time to create a special dinner just for you and that special someone. Chef Jeremy has written the menu and will show you exactly how to pull it off.

Menu: Mixed Green Salad with Citrus, Walnut and Pomegranate; Filet Mignon and Citrus Prawn, Passionfruit Puree and Brussel Sprouts; Chocolate Dipped Strawberries

INTRO TO FUNCTIONAL NUTRITION SEMINAR

Wednesday, February 7, 6 - 6:45 pm

Instructor: Megan Green, RD, LD

Cost: FREE (Registration is required as space is limited)

Get healthy, lose weight, reduce pain, improve digestion, and increase your energy level! Find out what all the buzz is about with our new Functional Nutrition Program. At this seminar, we will explain how Functional Nutrition is different from common treatment plans, what you can expect and how to get started. Join one of our Registered Dietitians at The Kitchen Table for more information and a gut healing, anti-inflammatory treat.

LOVE BEYOND LIMITS

Tuesday, February 13, 5:30 - 6:30 pm

Instructor: Lisa Somerville, NBC-HWC

Cost: \$25 per person

Having compassion for yourself means that you honor and accept your “humanness”. Research shows that the more you open your heart; the more you will be able to feel compassion for yourself and all your fellow humans in the experience of life. The more we practice being kind and compassionate with ourselves, the more we will increase the habit of self-compassion. Test your level of self-compassion. Experience yoga poses to open your heart chakra and be guided through a loving-kindness meditation. *Please dress comfortably in layers.

BE MY VALENTINE – DATE NIGHT

Wednesday, February 14, 6 - 8 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

Wondering what to do for Valentine’s Day? Bring your sweetie to The Kitchen Table and let Chef Jeremy do the cooking while you relax and enjoy a glass of wine.

Menu: Mixed Green Salad with Citrus, Pine Nut and Pomegranate; Rosemary Lamb Chop with Seared Sea Scallop and Purple Potato; Cabernet Poached Pear with Mascarpone.

FRIDAY NIGHT BITES - BEACH PARTY!!!

Friday, February 16, 6 - 8 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

Frigid temps and blowing snow getting you down? We’re going to forget all about it as we crank-up the heat and crank-out some “beach-worthy” bites!

Menu: Classic Chicken, Chorizo and Shrimp Paella; Grilled Hawaiian Chicken Kebabs; BLT Summer Rolls with Avocado Dipping Sauce; Fruit Pizza with Rolled Oats, Greek Yogurt and Fresh Berries.

PRO-APPROACH TO MEAL PLANNING

Wednesday, February 21, 10 am - Noon

Instructor: Jeremy Reinicke

Cost: \$59 per person

Don’t start from scratch every day! Don’t eat the same thing every day either. Make one meal and reinvent it throughout your week. This will save time and money!

Menu: Sweet Potato Breakfast Skillet with Sunny Egg, Avocado and Cilantro; Fig and Walnut Stuffed Chicken Breast with Sweet Potato Puree and Creamed Kale; Sweet Potato Sheppard’s Pie with Edamame and Parsnips.

PANNING THE GLOBE – MOROCCO

Wednesday, February 28, 5 - 7 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

All Aboard! Get ready to experience authentic flavors and techniques used in kitchens around the world. Spice up your family’s dinner time by getting up close and personal with cuisine from all across the globe.

Menu: Chicken Tagine with Olives, Apricots and Almonds; Carrot Curls with Pine Nut, Olive and Cilantro; No-Bake Peach and Almond Tartlets

MARCH

FRIDAY NIGHT BITES - SPRING FEVER!

Friday, March 2, 6 - 8 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

Spring Break is right around the corner and if you are planning a “staycation”, grab your family and join us as our Chef brings the Riviera Maya to you!

Menu: Grilled Mexican Sweet Corn with Lime and Cotija Cheese; Cilantro-Lime Shrimp Skewers with Cherry Tomato and Zucchini; Yucatecan Braised Pork Tacos with Radish, Cilantro and Lime; Chia Pudding with Coconut and Grilled Mango

IT'S “ALE” ABOUT THE FOOD

Wednesday, March 7, 5 - 7 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

We often say food and wine are best friends. But these beers are NOT third wheels! Tonight we are going to learn about a few locally produced Ales and the foods that love them.

Menu: Grilled Buffalo Wings with Hand Made Sauce; Szechuan and Rosemary Hanger Steak with Dijon and Roasted Potato; Grilled Pizza with Tomato, Prosciutto and Manchego Cheese

CALM AND JOYFUL PARENTING

Thursday, March 8, 5:30 - 6:30 pm

Instructor: Emily Kline, CHWC

Cost: \$25 per person

Parenting can be stressful. Kids of all ages can push our buttons. Learn simple mindful parenting tools to keep calm and find more enjoyment, ease and balance.

*Please wear comfortable clothing; we will be spending some time on yoga mats.

MEAL PLANNING AND PREP FOR WEIGHT LOSS

Wednesday, March 14, 11 am - 1 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

A little preparation can go a long way towards helping us reach our weight loss goals. These protein packed lunches will give you the boost you need to power through your day.

Menu: Layered Mason Jar Salad with Grilled Chicken and Tarragon; Shrimp and Sausage Skillet with Zucchini, Red Peppers and Wild Rice; Roasted Apple, Ginger and Sweet Potato Soup with Chia and Greek Yogurt

PANNING THE GLOBE - IRELAND ST. PATTY'S DAY CELEBRATION

Friday, March 16, 6 - 8 pm

Instructor: Jeremy Reinicke

Cost: \$59 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: Pressure Cooker Corned Beef and Cabbage; Salmon Potato Cakes with Honey Dijon Aioli; Sweet Potato Hash with Sunny Egg, Bacon and Chipotle Hollandaise

VINO ITALIANO

Wednesday, March 21, 5 - 7 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

Some of the most sought after wines are from Italy. Join us to explore a few of those wines and the foods that make them sing!

Menu: Spaghetti with Leek, Mushroom and Garlic Cream Sauce; Chianti Bison Meat Balls in Red Sauce with Grilled Bread; Ligurian Seafood Stew with Shrimp, Chorizo and Seabass

TEASPOONS FOR TOTS - KIDS CAMP

***AGES 7 AND UP** 

**Wednesday and Thursday, March 28 and 29,
10 am - Noon**

Instructor: Jeremy Reinicke

Cost: \$75 per person

Some kids are picky eaters. Some will ONLY eat mac-n-cheese and pizza. And still others are adventurous eaters that will eat oysters, morels and foie gras. Regardless of your little tykes tastes, make this SPRING BREAK memorable by enrolling them in this two-day skill building kids camp.

Day One: Cowboy Breakfast Skillet with Sausage, Egg and Avocado; Gluten Free Mac-n-Cheese with Grilled Chicken and Broccoli

Day Two: Fresh Ground Mini Burgers with Cheese; Grilled Veggie Quesadillas; Mini Chicken Pot Pies with Carrots and Sweet Peas

MORE INFORMATION ON KIDS COOKING CLASSES:

*The Cook Well for Kids classes are for children ages 7 and up. Parents are welcome to stay and observe in the dining room or even jump in and assist their “little chef” as needed. Tastings will only be provided to parents if there are leftovers available.

LOCATION:

HealthEast Ways to Wellness
1825 Woodwinds Drive, Woodbury, MN 55125

REGISTRATION:

Available online at www.healtheast.org/wellnessrsvp, prepayment required for all classes.

PHONE:

651.232.1926

EMAIL:

waystowellness@healtheast.org

WEBSITE:

discoverw2w.org

**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 Infonet (Click on Employee Tools, then select Wellness Opportunities). This will be both your payment and registration.

CANCELLATION POLICIES:

Well-being Classes may be cancelled prior to 72 hours of class for a full refund or Ways to Wellness credit. Well-being classes cancelled with less than 72 hours notice will be lost.

Cooking Classes are non-refundable. Cooking classes can be cancelled greater than one week in advance for credit towards a future class. Cooking classes cancelled 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 given.

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.

MEET OUR TEAM

Our team includes registered dietitians, certified personal trainers, life coaches, as well as a chef and a psychologist. We're experts in nutrition and weight management, corrective exercise and fitness training, and lifestyle and behavioral change. This unique skill set allows us to treat each client as a whole person. We're passionate about helping people achieve their personal well-being goals, and we can't wait to work with you.



LISA SOMERVILLE

As a health and wellness coach, Lisa works collaboratively with clients to tap into their innate ability to heal themselves and live a life that is full of joy, optimism and true happiness. She supports each client with a genuine sense of curiosity and provides opportunity for self-exploration. Lisa has a strong interest in self-compassion and mindfulness, including meditation and yoga, and is available for one-on-one sessions.

Lisa holds a Bachelor of Science in health promotion/wellness and health education, and is a National Board Certified Health & Wellness Coach by the International Consortium for Health & Wellness Coaching. She is trained in YogaFit Level 1, Chakras, Kids and Mindfulness Meditation, and MBSR: Mindfulness-Based Stress Reduction Program.



LISA HELLEM

Lisa enjoys guiding clients to implement a real food way of living on a consistent basis. Her approachable and positive style helps empower clients. She strives for each client to experience the impact that healthy food and regular activity have on health, energy and quality of life.

Lisa has a Bachelor of Arts degree in dietetics and is a registered licensed dietitian and certified personal trainer (NSCA).



BETH DIERKHISING

Beth has a strong passion to help her clients achieve their personal wellness goals, and her warm personality allows them to feel at ease and develop the strong rapport needed to work together and accomplish positive change. Beth believes that laughter and a fun attitude is important along the journey and she reflects this in her work. She likes using restorative exercise, which is at the heart of her Pilates reformer training, and she shares her passion for eating a nutritious and balanced diet with her clients.

Beth earned her Bachelor of Science in dietetics.



JEREMY REINICKE

Jeremy takes a “back to the basics” approach to cooking whole and fresh foods, focusing on using the best available, locally grown ingredients whenever possible. He has always been passionate about great food and loves helping others take command of their own kitchens.

Jeremy received his Associate of Applied Science degree from Le Cordon Bleu College of Culinary Arts.



EMILY KLINE

Emily helps people take an integrative approach to wellness. In addressing the mind, body and spirit, people are able to clarify their highest values and priorities, so they can begin to make meaningful and sustainable lifestyle changes. Emily is available to support people in any area that is impacting their health and wellbeing, such as work/life balance, stress management, relationships and weight loss. Emily is also available for one-on-one yoga and mindfulness meditation sessions.

Emily completed professional training and certification in integrative health coaching from Duke Integrative Medicine at Duke University, and she is a certified Yoga Alliance teacher.



MEGAN GREEN

Megan is truly passionate about helping each person figure out what it means for them to achieve optimal health and to feel their absolute best. She believes learning new ways to take care of yourself should be an enjoyable process. Megan likes helping clients make simple changes to their well-being that add up to a big difference in how they feel.

Megan has a Bachelor of Science in dietetics and is a registered dietitian, certified personal trainer (ACE), and STOTT Pilates instructor Level 1.



OPTIMAL HEALTH *and* WELL-BEING

For more information on additional HealthEast services:

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

