

From: Savour Wine and Cheese kathleenperickson@gmail.com
Subject: Live Healthier on the Mediterranean Diet!
Date: January 3, 2015 at 07:17 PM
To: megb28@comcast.net

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Savour Wine and Cheese

Live Longer and Healthier on the Mediterranean Diet

Dear Mary,



**If your New Year's Resolution is to get
Healthy,**

Come to Savour Wine and Cheese
on Tuesday, January 20, 2015 at 6:45 p.m.
for a Discussion of the
"Live Longer and Healthier
Mediterranean Diet" Program,
with Cape Ann's own nutritionist and diet
specialist, **Mary Grazen-Browne.**

Complimentary!

(Program launching Tuesday, Jan. 27, 2014)

**The most recent research shows that
the Mediterranean Diet prolongs life and health.**

This new research looks at data from 4,676 healthy middle-aged women involved in the Nurses' Health Study, an ongoing study tracking the health of more than 120,000 U.S. nurses since 1976. It found women who ate a Mediterranean diet had longer telomeres. Telomeres are part of your chromosomes, the thread-like structures that house your DNA. At the end of these chromosomes are telomeres, a kind of protective "cap" that keeps the structure from unraveling. It thereby protects your genetic information and slows the aging process. Many consider this "marker" a far more accurate indication of age than chronological age.

Program Details

The program will run from January 27 - May 19.

Classes will be every other Tuesday at 6:45 p.m.
*featuring discussions on aging, exercise, diet,
stress-reduction,
cooking instruction and more . .*

Limited to 16 people

Classes are optional, but you will be charged weekly (to cover program costs) for a minimum of 12, which means you can opt out of 4 over the 16 week period, if you give 24 hour notice.

Food - Chef Beach and I will prepare food each week for you to pick up - you must commit to 10 items a week - 3 salads, 4 soups, and 3 entrees at a total cost of \$100.00. That's food for 3+ days!

We will even deliver, if you need it!

The food features ample amounts of vegetables, fresh fish, beans, nuts, seeds, fruit, whole grains, Savour's own Ariston Olive oil and Balsamic vinegar, and of course, wine!

We will make wine recommendations each week to match your meals.

**Your weekly costs - \$125.00 total
If you pay for the full program in advance
(at least 12 weeks, or \$1500.00)
you get 10% off, bringing your total
down to \$1350.00 for the 12-week
minimum.**

If you participate all
16 weeks, we will charge for each week
until the 16 weeks are complete.

**We will also offer a 10% discount on all
purchases at Savour for anyone in the
program!**

What better gift can you give yourself or a loved
one than the gift of longer life and better health?!

must RSVP
call 978 282-1455
or email [Kathleen](#).

Sincerely,

Kathleen Erickson Morgan
Savour Wine and Cheese

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Try it FREE today.

Savour Wine and Cheese | 76 Prospect Street | Gloucester | MA | 01930