



Midcoast Maine Holistic Health Event Center - 2018

Event Venue:

Belfast Breeze Inn, 192 Northport Ave., Belfast, ME 04915

Call: 207-505-5231 www.belfastbreezeinn.com

Practitioners and service providers scheduled are professionals certified/trained/experienced in their respective fields. A biography for each provider is included on our Facebook and Brown Paper Tickets event descriptions.

2018 Healthy Living Cooking Classes

June



6/15 6-9p

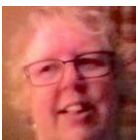
Keto Cooking and Lifestyle

There is a lot of talk these days about the Keto Diet and Ketosis (not to be confused with Ketoacidosis). The Keto Diet was developed in the 1920s to help people with Epilepsy. A very low to low carbohydrate diet is excellent for reduction of fat while not degrading muscle. Worthwhile for many Type 2 diabetics yet not suitable for those with Type 1 diabetes. If you want to learn more about the Keto process,

foods to eat and not eat, how to rapidly lose weight and keep it off (even without exercise), this may be for you. Note: Those participating should seek a physician's approval prior to starting the diet to be sure medications adjustments are not required. The class will make some Keto-friendly foods and enjoy those for dinner.

Book your seat at: <https://healthycooking.bpt.me/>

About Your Instructor



Dr. Jane Liedtke has been learning to cook a variety of foods and experiencing global cuisine since she was a child in NJ. She has lived and worked in Europe and Asia, spending 10 years in China. She has taken dozens upon dozens of cooking classes herself from a range of culinary schools, gourmet shops, and professional chefs domestically and abroad. Her specialties include Euro-German, Chinese-Thai, and Seafood. Jane is a retired university professor and corporate executive coach/trainer by profession and owns the Belfast Breeze Inn and Bay Leaf Cottages & Bistro. She regularly teaches cooking classes at Bay Leaf Cottages, cooks and caters functions at both hotels.

General Information: Classes will be demonstration-style as well as hands-on in format. Recipes, tips, tastes, and dinners are guaranteed to delight! If we make it in class, we're all eating it! Classes are held in the large commercial kitchen at the Belfast Breeze Inn. A demonstration area as well as a long communal dining table make it ideal for cooking with groups. Bring your friends, partners, couples, "guys-night out", "girl-friends escapes", parent/teen, or just come on your own and meet like-minded people seeking to learn more about food! Private dinners and private cooking classes can be arranged by calling 207-505-5231, ask for Jane. Cooking classes are open to ages 14 and up unless specified otherwise. Ages 14-18 must be accompanied by a parent with their own ticket.