

HEALTHY FUN AT EVERGREEN SPA AND B&B

GET ON THE RIGHT TRACK-

HAVE FUN WHILE LEARNING TIPS FOR BETTER HEALTH.

**GET TOGETHER IN ANDERSONS OLDEST HISTORICAL
MANSION (1834)**

1103 SOUTH MAIN ST. ANDERSON, S.C.

A WONDERFUL RELAXING SETTING

HAVE TASTY SNACKS AND ADULT BEVERAGES

***A GREAT OPPORTUNITY TO MEET PEOPLE WITH SIMILAR
INTERESTS.**

SECOND WEDNESDAY OF EVERY MONTH 6-8 P.M.

RESERVATIONS REGUIRED- 864-375-9064

12.00 PER PERSON

JUNE-

**BENEFIT OF WINE FOR HEALTH AND DIGESTION. LEARN
ABOUT AFFORDABLE WINES TO DRINK ALONE OR MIX
WITH JUICE OR SELTZERS FOR COOL REFRESHMENT ON
HOT SUMMER DAYS**

MEXICAN APPETIZERS... WINE TASTING...

**INCLUDES TOUR OF NEWLY REMODELED B&B AND
DRAWING FOR A SPA TREATMENT!**

CALL FOR RESERVATIONS 864-375-9064

JUNE 08, 2010 6-8 P.M.

JULY

**COOL OFF WITH BLENDER DRINKS. LEARN WHY THEY ARE
SUPER NUTITIOUS AND CAN BE A QUICK MEAL ON THE
RUN!**

**THE IMPORTANC OF PLANNING YOUR NEXT MEAL AHEAD
OF TIME**

MILK AND "BETTER FOR YOU" ALTERNATIVES!

**BRUCETTA BAR MAKE YOUR OWN FOR AN APPETIZER OR
DINNER. LOWER IN CALORIES, MORE NUTRITOUS THAN**

PIZZA AND ABSOLUTLY DELICIOUS! (FUN THING TO MAKE WITH YOUR FAMILY)

CALL FOR RESERVATIONS 864-375-9064

JULY 14 , 2010 6-8 P.M.

AUGUST

FRESH JUICE SHOOTERS AND FINGER FOODS

LEARN THE CYCLES OF THE BODY AND WHEN TO EAT WHAT.. AND WHY.

AVOID ACID REFLUX BY COMBINING THE RIGHT FOODS TOGETHER AND FEEL BETTER!

CALL FOR RESERVATIONS 864-375-9064

AUGUST 11, 2010 6-8 P.M.

SEPTEMBER

OILS IN THE DIET. BEAUTIFUL SKIN, HAIR, NAILS, GOOD FOR YOUR HEART AND MORE.

DEVELOP HABIT NOW TO COMBAT WINTER DRYNESS COMING UP.

DIPPING OILS AND SPICES WITH FRESH WONDERFUL BREADS, OLIVES AND GRILLED VEGGIES.

RED WINE AND BEER TASTING.

CALL FOR RESERVATIONS 864-375-9064

SEPTEMBER 08, 2010 6-8 P.M.

OCTOBER

SWEETS....THE BEST NO CALORIE SWEETNER AND LEARN WHY OTHERS WILL HARM YOUR HEALTH.

LOW CALORIE DESSERTS ..IRISH COFFEE

CALL FOR RESERVATIONS 864-375-9064

OCTOBER 13, 2010 6-8 P.M.

NOVEMBER

IMPORTANCE OF ENOUGH FIBER IN YOUR DIET.

**THE RIGHT KIND PULLS THE FAT OUT OF THE SYSTEM
KEEPING EVERYTHING "WORKING LIKE CLOCKWORK".
HOT HOLIDAY "SPICED" DRINKS AND COMFORT BREADS
FOR SNACKING.**

CALL FOR RESERVATIONS 864-375-9064

NOVEMBER 10, 2010 6-8 P.M.

DECEMBER

**PRE- PARTY TIPS FOR NOT PUTTING ON WEIGHT DURING
THE HOLIDAYS**

DELICIOUS LOW CAL APPETIZERS & FESTIVE DRINKS.

CALL FOR RESERVATIONS 864-375-9064

DECEMBER 08, 2010 6-8 P.M.

2011

JANUARY

**SOUPS TO WARM THE SOUL AND THE SECRET TO MAKING
THE BEST. SATISFYING AND LOW CAL. ONE DISH MEALS.**

SANGRIA AND CRUSTY BREADS

DISCOVER THE IMPORTANCE OF ENOUGH VEGGIES DAILY

CALL FOR RESERVATIONS 864-375-9064

JANUARY 12, 2011 6-8 P.M.

FEBRUARY

CHOCOLATE & CHAMPAGNE

**ANTIOXIDANTS IN BOTH AND WHY THIS IS SO IMPORTANT
TO OUR HEALTH!**

TASTE LOW CAL SCRUPIOUS DESSEST AND SIP

CHAMPANGNE FLAVORED WITH EXOTIC FRUIT JUICES.

BRING ON THE ROMANCE!

EXOTIC ESCAPE SPECIAL FOR B&B ROMANCE

CALL FOR RESERVATIONS 864-375-9064

FEBRUARY 9, 2011 6-8 P.M.

MARCH

**SHED THE DRY WINTER SKIN WITH SCRUBS YOU MAKE
YOURSELF FROM KITCHEN ITEMS.**

ADD MOISTURE TO YOUR SKIN WITH PURE AND NATURAL PRODUCTS FROM NATURE NOT PURCHASED OVER THE COUNTER PRODUCTS

•
**HIGH PROTIEN MEAT SUBSTITUTES AND WHY THEY ARE BETTER FOR YOU THAN MEAT.
COMFORT FOODS....HOT TODDIES
CALL FOR RESERVATIONS 864-375-9064
MARCH 9, 2011 6-8 P.M.**

APRIL SHOWERS

MAKE AFTER SHOWER SPRITZERS THAT GIVE YOU ENERGY WHILE AND HYDRATING AND NUTIFYING YOUR SKIN.

**THE POWER OF ESSENTIAL OILS AND WAYS TO USE THEM.
HERBS IN FOOD AND THE BENEFITS.**

**LOTS OF TASTY IDEAS AND THINGS FOR YOU TO TRY.
LOW CAL CHEESES TOO!**

**HERB TEAS AND HOW TO MAKE A "COCKTAIL TEA"
CALL FOR RESERVATIONS 864-375-9064
APRIL 13, 2011 6-8 P.M.**

MAY

EXERCISE..WHAT IS THE VERY BEST AND THE EASIEST TO DO?

THE VERY MOST IMPORTANT THING TO DO FIRST THING IN THE MORNING AND THE MOST IMPORTANT THING TO EAT IN THE MORNING.

FRUIT AND SALAD PRESENTATIONS, NEW FOODS TO TRY, AND IMPORTANCE OF NUTS IN THE DIET.

ICE TEA TASTING AND "LONG ISLAND" TEA FOR THE ADULTS (EVERGREEN ISLAND STYLE- YUM!_)

**CALL FOR RESERVATIONS 864-375-9064
MAY 11, 2011 6-8 P.M.**

JUNE

**HIGH ENERGY FOODS THAT BUILD THE IMMUNE SYSTEM.
THE 5 MOST IMPORTANT FOODS AND HOW TO USE THEM IN
FOODS AND BEVERAGES.**

FRUIT MARGARITAS AND CRUNCHY SNACKS

CALL FOR RESERVATIONS 864-375-9064

JUNE 8 , 2011 6-8 P.M.

JULY

**HEALTHY PICNIC FARE. TASTY SANDWICH
COMBINATIONS FOR OPTIMUM HEALTH.**

WILD PUNCH TASTING AND IDEAS TOO.

CALL FOR RESERVATIONS 864-375-9064

JULY 13, 2011 6-8 P.M.

AUGUST

**WHAT WAY OF COOKING IS BEST FOR YOUR HEALTH?
QUICK, EASY COOKING FOR MAXIMUM HEALTH BENEFITS.**

**CARBS AND VEGGIES OR MEAT AND VEGGIES AND WHY
THIS IS AN IMPORTANT COMBINATION. GET IDEAS, TRY
DIFFERENT THINGS. FESTIVE SUMMER DRINKS.**

CALL FOR RESERVATIONS 864-375-9064

AUGUST 10, 2011 6-8 P.M.

SEPTEMBER

**SNACKS TO KEEP YOU ON TRACK. IMPORTANCE OF
EATING SMALL PORTIONS AND EATING MORE OFTEN.**

**WHY PACKAGE GOODS ARE SO HARMFUL AND WHY THEY
MAKE YOU FAT!**

WONDERFUL SNACKS AND SURPRISE COCKTAIL

CALL FOR RESERVATIONS 864-375-9064

SEPTEMBER 14, 2011 6-8 P.M

OCTOBER

WHITE V.S. WHEAT IN PASTA, BREADS ETC.

TASTE THE FLAVORFUL DIFFERENCE!

LOTS OF GOODIES TO TRY AND APPLE DRINK

CONCOCTIONS WITHOR WITHOUT BRANDY

CALL FOR RESERVATIONS 864-375-9064

OCTOBER 12, 2011 6-8 P.M.

NOVEMBER

O.K. MEAT EATERS...WHAT IS BETTER FOR YOU AND

WHY. HOW TO PREPARE IT...HOW MUCH TO EAT AND

WHAT TO EAT IT WITH.

WHAT TO DO WITH LEFTOVERS.

DELICIOU THINGS WITH PUMPKIN AND CRANBERRY.

MARTINI STYLE DRINKS AND COMFORT FOODS

CALL FOR RESERVATIONS 864-375-9064

NOVEMBER 9, 2011 6-8 P.M.

DECEMBER

SEAFOOD...WHAT IS THE BEST FOR HEALTH

DELICIOUS RECIPES AND TASTING.

WHITE WINE TASTING & SPRITZERS,

CALL FOR RESERVATIONS 864-375-9064

DECEMBER 14, 2011 6-8 P.M.