

FOR IMMEDIATE RELEASE:

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Contact: Tracy Zampaglione

Email: Zampaglione.Tracy@ocls.info

Phone: 407.835.7480 (For publication purposes please use 407.835.7323 for further details.)

Cuisine Corner

Registration is required for Cuisine Corner. Space is limited. Please call 407.835.7323 or register online at **ocls.info**.

Healing with Spices

Orlando Public Library, Cypress Room

Thursday, May 7, 6:15 p.m.

Take an alternative approach to your health and learn about the healing qualities of Asian spices. Shahnaz Nensey, certified holistic health coach, will guide you through a cultural culinary journey of holistic wellness and demonstrate creative and easy recipes. For more information, visit **swaasta.com**.

Cuisine Corner Anniversary: Vietnamese Eggrolls

Orlando Public Library, Cypress Room

Saturday, May 9, 11 a.m.

Celebrate one year of *Cuisine Corner* with the return of local chef and author Ha Roda! Dive into Vietnamese cuisine with a fun and delicious eggroll-making demonstration straight from Roda's cookbook.

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