

**Are You Tired of Take Out? Too Busy to Cook?**

# Learn How to Cook Delicious and Healthy 30-Minute Meals

**Tuesday, November 6, 2007 • 6:00-9:00 p.m.**  
**The Chopping Block • The Merchandise Mart, Suite 107**

Join other CBA members to mix and mingle while picking up basic cooking skills at the local chefs' source, The Chopping Block!

At the start of the class, local TV personality Dawn Jackson Blatner RD LDN, a registered and licensed dietitian, will lead a short discussion on eating healthy and then will conduct a cooking demonstration of how to prepare a 30-minute healthy meal. You will then take part in a hands-on cooking activity and learn how to prepare 3 different complete, delicious and balanced meals. You can enjoy eating your tasty creations with complimentary beer, wine and soft drinks throughout the class.

Cost is \$90 per person and class size is limited to 40 persons (*Please note: Fee is paid onsite to The Chopping Block, price does not include tax or tip. No shows will be billed \$90 to their CBA account or credit card*). Nonmembers and law students welcome. To register, call the YLS at 312-554-2031 or email [yls@chicagobar.org](mailto:yls@chicagobar.org). The class is being offered as part of the Health & Fitness segment of the Young Lawyers Section's Life in the Balance series.

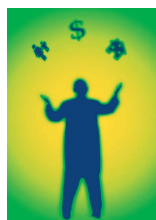


#### About Our Presenter:

Dawn Jackson Blatner RD, LDN, is a Registered and Licensed Dietitian. Dawn passionately believes in using the power of food to prevent and manage illness and maintain optimal health. She helps people make realistic and gradual changes to their current eating habits and food choices. Dawn teaches "Flexitarian Nutrition", an eating style she developed, which is based on personal preferences and individual lifestyles.

Dawn has been selected to represent the American Dietetic Association as a National Media Spokesperson (2002-2008.) She has a regular Healthy Eating segment on Chicago's FOX News in the Morning. She has been quoted in Chicago-based and national newspapers and magazines such as USA Today, Wall Street Journal, Chicago Tribune, Chicago Sun-Times, Today's Chicago Woman, Chicago Magazine, Shape, Women's World, Fitness Magazine, Newsweek, Self, and Cooking Light. She has appeared on many television and radio programs both locally and nationally such as Chicago Tonight, NBC Nightly News, Dateline, CNN. She consulted on the Super Size Me documentary and appeared in a cooking show pilot called Food for Thought.

As a freelance writer, she has written health and wellness articles for magazines such as All You and Health Magazine and contributed to several books including the American Medical Association Guide to Weight Management. She is currently working on two healthy eating books. For more information, visit [www.dawnjacksonblatner.com](http://www.dawnjacksonblatner.com).



## Life in the Balance

Big ideas for lawyers to live & work wisely

presented by:

The Chicago Bar Association Young Lawyers Section  
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