CHAPTER CALENDAR OF EVENTS 2015

JANUARY 2015

Special Presentation by SaladMaster

Due to popular demand, the SaladMaster organization will present a healthy 5-course meal free of oils, salt or water. These presentations are to show that food can be tasty and filling without salt, grease or water. Below are the upcoming dates and each seating is limited to 10 persons, from 3p - 6:30p on Sundays. We get many calls requesting healthy food preparation from those who are not quite ready to become vegetarian, vegans or raw foodist. Those who still ingest chicken, fish or may be vegan, let us know so the menu can be prepared accordingly by the Chefs. You will also learn the importance of proper cookware. Below are the upcoming dates that will transpire in Queens, NY:

Sunday, January 4, 2015 @ 3p - 6:30p
Sunday, January 18, 2015 @ 3p - 6:30p
Sunday, January 25, 2015 @3p - 6:30p

Venue:
African Holistic Health & Wellness Center of NY
132-20 116th Avenue
South Ozone Park, NY  11420
347-427-8668 or shaimesh@aol.com

To RSVP: https://www.eventbrite.com/e/african-holistic-health-chapter-of-ny-saladmaster-presentations-tickets-14822140421
FEBRUARY 2015

Special Presentation by SaladMaster

Due to popular demand, the SaladMaster organization will present a healthy 5-course meal free of oils, salt or water. These presentations are to show that food can be tasty and filling without salt, grease or water. Below are the upcoming dates and each seating is limited to 10 persons, from 3p - 6:30p on Sundays. We get many calls requesting healthy food preparation from those who are not quite ready to become vegetarian, vegans or raw foodist. Those who still ingest chicken, fish or may be vegan, let us know so the menu can be prepared accordingly by the Chefs. You will also learn the importance of proper cookware. Below are the upcoming dates that will transpire in Queens, NY:

Sunday, February 1, 2015 @ 3p - 6:30p
Sunday, February 8, 2015 @ 3p - 6:30p
Sunday, February 15, 2015 @ 3p - 6:30p

Venue:
African Holistic Health & Wellness Center of NY
132-20 116th Avenue
South Ozone Park, NY 11420
347-427-8668 or shaimesh@aol.com

To RSVP: https://www.eventbrite.com/e/african-holistic-health-chapter-of-ny-saladmaster-presentations-tickets-14822140421

Holistic Grocery Store & Farmers' Market Tour $20
Saturday, February 7, 2015 from
10:00 AM to 4:00 PM
Whole Foods Market
4 Union Square East #4
New York, NY 10003

Join the African Holistic Health Chapter of NY on our very First Holistic Grocery Store & Farmer's Market Shopping Tour conducted by Heru Kweisi who is a Vegan Chef and graduate of Natural Gourmet School of NYC. On this tour you will learn how to:

- Read food labels;
- Identify GMOs in Labeling;
- Learn importance of Organic vs. Non Organic;
  - Identify the various disguises of MSG and Aspartame ;
- Identify foods with Caseinate disguised in many "Dairy Free" foods;
- Recognize the various "Natural Sugars" vs. "Artificial Sugars."
  - AND MUCH, MUCH MORE !

Fee for the Tour is $20 and do bring funds to pick essentials that you may want to purchase from the Store and the Local Farmers which is located right outside the front door of Whole Foods. We will gather to start the WholeFoods Tour at 10am. Do bring your pencils, pads and many questions you may want address during the tour. Click here to register on EventBrite
MARCH 2015

Special Presentation by SaladMaster

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Sunday, March 1, 2015 @ 3p - 6:30p

Venue:
African Holistic Health & Wellness Center of NY
132-20 116th Avenue
South Ozone Park, NY 11420
347-427-8668

To RSVP: https://www.eventbrite.com/e/african-holistic-health-chapter-of-ny-saladmaster-presentations-tickets-14822140421

Chapter MeatOut – March 21 – 22, 2015 – Practitioner Presentations & Workshops Welcomed
http://meatout.org/

NYC Vegetarian Food Festival – March 14 – 15, 2015
www.NYCVegFoodFest.com

NYC Green Thumb Conference – Date TBD
http://www.greenthumbnyc.org/

New Life Expo @ Hotel Pennsylania – March 20 -22th

Veggie Pride Parade – March 29, 2015
www.newlifeexpo.com

APRIL 2015

Roc-a-Natural @ Schomburg Library – April 12
www.rocanatural.com/

National Action Network Convention – April 8 – April 12
www.nationalactionnetwork.net/

Beginner Reflexology Training Certification 2015 – Dr. El Ha Gahn - $1,000
Dates: April 11, 12, April 18-19 & April 25 & 26th – 9a to 5p
Saturdays & Sundays

Transforming the Temple @Taino Towers (East Harlem) – April 25
http4g2://cccadi.org/01/transforming-the-temple-a-wellness-expo/

Harlem Holistic Wellness Week – April 25 to May 2
Contact: Master Tony Rogers - yourway2wellness2014@gmail.com

**MAY 2015**

Mercury Retrograde May 18 to June 11 – FYI
NAVEL EXPO – May 3, 2015
http://www.navelexpo.com/expo.php

Black Health & Fitness Expo – May 1 – 2, 2015 – Mark Anthony Jenkins’ Event
Harlem’s Senior Citizen’s Day – May 15 @12p to 6p – Harlem State Office Bldg.

**SAVE THE DATE - MAY 2015**
THE 2ND ANNUAL BRONX VEGETARIAN FOOD AND NATURAL LIVING FESTIVAL
Abena Anum email: bronxholistichealing@gmail.com

Dance Africa @ Brooklyn Academy of Music – May 23 – 25, 2015 - $600 Craft $1200 Food
http://www.bam.org/danceafrica

Belly Dancers of Color Festival in D.C. – May 23 to 25
http://www.bellydancersofcolor.net/

Chapter’s Health & Wellness Affair – May 23 - 25, 2015 - in case we don’t do BAM

**JUNE 2015**

Kowteff Juneteenth Celebration – 11a to 7p - http://kowteff.org/
New Life Expo – June 19 to June 21 - www.newlifeexpo.com

3-Month Beginner Holistic Health Certification – Dr. Llaila Afrika - $1,000
Dates: June 13-14, July 15-16, August 15-16 – 9a – 5p

Dr. Llaila Afrika’s 1-Day Anatomy & Physiology Course - $400
Dates: June 13, July 15, August 15 @ 6p – 9p
Saturdays – Venue: TBD

Drawing of Vitamix for the Chapter’s Membership Drive – June 30, 2015

**JULY 2015**

Harlem Book Fair – July 18th @ 12p – 6p – Event for Authors - http://www.harlembookfair.com/
Great Day in Harlem – July 26 @ Grants Tomb @ 12p to 7p - $200 per booth per day

**AUGUST 2015**

Leviticus Church of God in Christ – Health Fair – August 1, 2015 @10a-6p
http://www.leviticuschurch.org/
Dance Theatre of Harlem StreetFest – August 8 @12p to 7p - $150
Harlem Week – Aug 15 , 17 or Aug 22, 23 or Aug 29, 30th - $200 per booth per day
http://harlemweek.com/calendar-of-events/
Percy Sutton 5K Walk @8a to 12p – Date ??

SEPTEMBER 2015

Mercury Retrograde Sept 17 to Oct 9th - FYI
Queens Sickle Cell Walk – Sept 7th?? - http://www.qscan.org/
Sports & Fitness Holistic Expo – Sept 5 & 6th – Mark Anthony Jenkins Event

Dr. Llaila Afrika’s 2-Day Advanced Holistic Health Certification - $600
Dates: September 12-13, 2015 @ 9a-5p – Saturday & Sunday

NY Black Book Expo – Sept 19th – Mark Anthony Jenkins Event
Apollo’s Healthy SoulFest – Date ?? - http://www.harlemhealthy.org/
Spirit & Harmony Festival @ Roy Wilkins Park – Sept 12th? $125 to vend –
https://www.facebook.com/events/256917437765738/
Kingsbridge Heights Neighborhood Improvement Assoc. – 5th Annual Community Health Fair – Sept 20th $50 to vend
https://www.facebook.com/KhniaWestBronx

OCTOBER 2015

Circle of Sisters @ Jacob Javits Center – Date ?? - $1500 for 10x15 & $1200 10x10
http://www.circleofsisters.com/
New Life Expo – Oct 16 – 18
www.newlifeexpo.com

NOVEMBER 2015

Newark Black Expo – Nov 1st
York College Health Fair – Nov 14th
Essex County Health & Wellness Fair – Nov. 13 – 14??
Chapter YumFest – November 28th

DECEMBER 2015

Chapter Kwanzaa Meet & Greet Gift Exchange - Dec 26th
Drawing of Vitamix for the Chapter’s Membership Drive – December 31, 2015