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THE NATURAL EPICUREAN PROMOTES HEALTHY FOOD CHOICES
AND LIFESTYLES AS SPONSOR OF MAKE THE MOVEMENT DAY

Healthy eating, physical activity, environmental health are focus of day-long initiative on May 5

Austin, Texas – (April 20, 2010) The Natural Epicurean Academy of Culinary Arts in Austin, TX, one of the first whole-food and plant-based cooking schools in the United States, is partnering with the Active Life Movement to support Make the Movement Day on May 5, 2010. Make the Movement Day is the ACTIVE Life Movement's annual, day-long initiative encouraging the public to create and share their "moments" of physical activity, healthy eating, and personal and environmental health to promote healthy, active lifestyles. As a sponsor of Make the Movement Day, the Natural Epicurean Academy of Culinary Arts' staff is inviting its current students, alumni, and the general public to participate in Make the Movement Day by creating and eating healthy meals on May 5, 2010.

“Anyone can get involved in Make the Movement Day, and it’s easy,” explains Rich Goldstein, co-owner of the Natural Epicurean. “Create your own moment on the event website at www.makethemovementday.org or participate in a planned moment. Be a part of the Movement and demonstrate your commitment to a healthier lifestyle.”

Classes at the Natural Epicurean focus on diet and nutrition as tools for improving health and vitality with emphasis on developing a healthy relationship with food, limiting the harmful effects of chronic diseases with diet, and understanding how food affects health and well-being. A free cooking demonstration and lecture is offered the second Wednesday of every month from 6 - 8 p.m. at Casa de Luz, 1701 Toomey Road. For more information about The Natural Epicurean Academy of Culinary Arts, visit www.naturalepicurean.com or call (512) 476-2276.

About The Natural Epicurean Academy of Culinary Arts

The Natural Epicurean Academy of Culinary Arts offers public classes and a professional culinary arts training school devoted to conscious cooking and a plant-based diet. Drawing upon ancient traditions and modern approaches to using whole food for healthy eating, the Natural Epicurean curriculum draws from traditional Eastern diets, including macrobiotics and ayurveda, as well as a number of Western approaches to healthy eating including vegetarian and raw foods. The programs emphasize locally available and seasonally based foods in their natural and unprocessed state with an equal emphasis on pleasing the senses and promoting health. For more information, visit www.naturalepicurean.com or call (512) 476-2276.

About Make the Movement Day

Make the Movement Day is an initiative of the Active Life Movement, a non-profit organization focused on leading a first-of-its-kind, national social movement for healthy living. For more information, visit <http://www.makethemovementday.org>

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