

# Passport To Health



It's time to get a jump on the holidays and learn some healthy eating habits. Give yourself an opportunity to meet some new walking friends, and start a new trend at the [Passport to Health](#) event on Saturday 9/24/2011.

Join us for a Farmers Market tour, power walk, and delicious lunch prepared by Chef Kara Mickelson. Learn the benefits of buying local, explore the variety of fresh produce available at the Torrance Certified Farmers market and learn how to pull it all together to make a tasty, healthy & delicious lunch.

Chef Kara Mickelson, is a personal chef, food stylist, food service consultant, on camera culinary expert for About.com and is a regular on Food Network's Cupcake Wars (season 1 & 2). She will be on a new show with Food Network airing in October 2011, and an episode of Jump Shipp on Halogen Network. She has trained in Spain, on the island of Mallorca, and in Napa, at the famed French Laundry. Chef Kara is a graduate of Le Cordon Bleu College of Culinary Arts. She resides in Redondo Beach and is the owner/founder of Creative Culinary Group, a small boutique culinary focused business.

To Register call 310-517-4711 **Hurry: Space is limited.**

**Date: Saturday: 9/24/2011**

**Price: \$45.00/person**

**Place: Wilson Park**

**2400 Jefferson St.**

**Torrance, Ca 90510**

**Time: 11 am—1:30 p.m.**

**Attire: Dress casual , comfy walking shoes, sunglasses hat/sunscreen lotion**

**Fitness level:** Walk at your own pace around the Wilson Park trail.

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