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For Immediate Release

Cook For Life Brings the Heat at OMSI's Theory Eatery
OMSI, Portland Monthly offer seasonal cooking class beginning August 27

Portland, Ore. (August 13, 2013) – An evening to spark your thoughts and ignite your taste buds: sound appetizing? The Oregon Museum of Science and Industry (OMSI) and *Portland Monthly Magazine* will offer *Cook For Life*, a series of seasonal, health-centered cooking classes addressing the latest culinary topics and trends. Presented by Regence, the new quarterly feature will make its debut beginning August 27 at *Theory* eatery, where food meets science.

Cook for Life will focus on cooking for specific health solutions. The series opener will go straight from the frying pan to the fire in *Spice Things Up for Better Circulation*, featuring Chef Tse from Regence BlueCross BlueShield of Oregon, including a whole slew of fresh seasonal ingredients to warm your heart and keep it pumping, and health and nutrition tips from National College of Natural Medicine's Dr. Julie B Riley, a naturopathic physician.

Menu

Appetizer: Avocado Guacamole

Starter: Hands-on Caesar Salad

Main Dish: Spice Rubbed Chicken

Side Dish: Cucumber Salad

Dessert: Triple Chocolate Brownies with Raspberries

Details

The first installment of *Cook for Life* will be held 6 p.m., August 27 at OMSI's *Theory* eatery: 1945 SE Water Avenue.

Upcoming *Cook for Life* events

- The Paleo Life: Tuesday, October 22, 2013
- Raw Foods & Juicing: Tuesday, January 14, 2014
- Cooking for Kids: Tuesday, April 15, 2014

Tickets

Tickets are \$25 dollars per person. Class includes small plates of each dish plus refreshments. 100 percent of the net proceeds will benefit OMSI.

Cook for Life is created in partnership with Portland Monthly, OMSI and Regence, with support from National College of Natural Medicine and KGW NewsChannel 8.

About OMSI

Founded in 1944, the Oregon Museum of Science and Industry (OMSI) is one of the nation’s leading science museums, a world-class tourist attraction, and an award-winning educational resource for the kid in each of us. OMSI is located at 1945 SE Water Avenue, Portland, OR 97214. For general information, call 503.797.4000 or visit www.omsiedu.

About Portland Monthly

Published by SagaCity Media Inc., Portland Monthly Magazine is a news, culture, and lifestyle magazine with a specific focus to the Portland Metro area and the Pacific Northwest. Delivering a mix of in-depth news stories, essays, and guides to the city, Portland Monthly aims to “inspire our readers to get out and explore the vibrant and rapidly growing metropolis they call home.” More info can be found at portlandmonthlymag.com

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