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## GourmetRx: CORPORATE TEAMBUILDING HAS NEVER BEEN SO DELICIOUSLY HEALTHY!

Looking for an exciting new teambuilding option for your employees?

Gourmet Gatherings, (as seen on NBC's the Today show, the Food Network, Cooking Light and Better Homes & Gardens magazine) and Dr. Marc Lawrence, a Stanford and Harvard-trained emergency physician and founder of BuddySlim.com have created a breakthrough new hands-on cooking class – **Gourmet Gatherings' GourmetRx**.

Based on cutting-edge medical research and food science, **Gourmet Gatherings' GourmetRx** cooking classes will provide key nutritional education and delicious new recipes to help reduce work-place stress, decrease risk factors for disease and increase productivity and morale -- all in an interactive, team-supportive environment.

By planning a **Gourmet Gatherings' GourmetRx** teambuilding class, you will take the lead in emphasizing your corporation's concern for the health and well-being of your employees.

Gourmet Gatherings is one of the country's leading gourmet entertainment companies. We stage hands-on corporate teambuilding events in private homes and rented professional kitchens all across San Francisco's Bay Area, Los Angeles and Chicago. **Corporate clients include American Express, e-Bay, the New York Times, Pfizer, Wal-Mart and Wells Fargo among others.** At all Gourmet Gatherings events, professional chefs kick off the experience with fun cooking tips and then provide guidance to attendees who are divided into culinary teams and prepare recipes from a gourmet menu developed by our four-star chefs.

"Food is medicine and certain foods have health-promoting effects more powerful than our most effective prescription drugs," explains Dr. Lawrence.

Gignilliat adds that, "Our **Gourmet Gatherings' GourmetRx** cooking class will help you make better food choices, prepare food correctly and as a result, live healthier! Just like Gourmet Gatherings' traditional hands-on cooking classes, at a **GourmetRx** event you'll team up with friends and colleagues and enjoy making delicious food from the freshest ingredients in a fun and festive atmosphere!" She adds that, "In addition to a professional chef to lead you, Dr. Lawrence will be on-hand to introduce the latest in anti-aging information and provide healthy cooking techniques."

To improve the well being, performance and productivity of your corporation in a dynamic and delectable setting please, visit our award-winning website at [GourmetGatherings.com](http://GourmetGatherings.com) or call 415-437-9977.

**Let Gourmet Gatherings' GourmetRx teach you how to "Cook for fun and eat for life!"**