



## COME HAVE Sunday Dinner with Rodas Coaching and GET HEALTHY CHICAGO

Join Rodas Coaching and Get Healthy Chicago at Sunday Dinner for a casual dining experience as we raise money to help the children of Chicago and their families accomplish their healthy living goals.

**Sunday, October 4th**

4:00-7:00pm

at

**West Loop Studio**

17 N. Elizabeth St

Chicago, IL 60613

\$100 donation/person

### **DINNER MENU**

Salad of Brussel Sprouts, Apples and Fennel

Chicken and Parsnip Soup

Baked Ravioli with Braised Greens, Ricotta, Bechamel and Pinenuts

Duck Breast with Grilled Radichio, Roasted Grapes and Polenta

Hazelnut Torte with Caramel Poached Pears

**\*Vegetarian options available. Please let us know of any food allergies or special requests in advance.**

Arrive at 4pm to sneak a peak at Sunday Dinner chefs, Christine and Josh, preparing the magnificent feast in the open kitchen all while enjoying an array of wines and meeting fellow

foodies. Dinner to begin around 5pm with fantastic new dishes being served every 15 minutes. Christine and Josh will share a bit about the menu item before diners dig in - where it came from, why it was chosen, and how much love went into creating it. The dinner will end around 7pm with an appreciation for new foods, an uncomfortably full belly, and a big smile on your face!

**To reserve a seat at the communal dinner table, please visit <http://www.brownpapertickets.com/event/80305> or send checks made payable to Get Healthy Chicago to 833 W. Buena Ave., Suite 1404, Chicago, IL 60613. More information about Get Healthy Chicago can be found at [www.mygethealthy.org](http://www.mygethealthy.org).**

Rodas Coaching, LLC is a Professional Coaching Firm dedicated to assisting individuals find joy, passion and success in their lives while in transition. For more information contact Professional Certified Life Coach, Deborah Sakelaris at 312-798-7404 or [Deborah@rodascoaching.com](mailto:Deborah@rodascoaching.com).

