



SMITH CENTER
FOR HEALING AND THE ARTS
community. creativity. cancer support.

FOR IMMEDIATE RELEASE

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Smith Center For Healing and the Arts and Whole Foods Market P Street Team Up to Promote Healthful Eating

Whole Foods will provide financial and in-kind support for Smith Center's community cooking and nutrition classes while collaborating with the nonprofit on several program initiatives.

April 2, 2012 - Washington, DC – [Smith Center for Healing and the Arts](http://www.smithcenter.org) has announced a unique partnership with like-minded neighbor Whole Foods Market P Street, located just a walk away in NW DC. The successful natural food retailer has signed on to join Smith Center in offering a series of cooking classes held at their U Street community center, as well as shopping tours at the P Street Market. By working together throughout 2012, both organizations aim to carry out their overlapping missions, promoting health and healing as active participants in the local community.

Through a myriad of programs, Smith Center works to create opportunities for community members to explore change in holistic, life-affirming ways. "Eating well is one of the most fundamental and accessible ways of promoting good health," says Executive Director Shanti Norris. "By offering a strong selection of unique cooking and nutrition classes, we hope to illuminate new options for people to experience a greater sense of well being through the food they eat." Norris says she is pleased to build a partnership with **Whole Foods Market P Street** to help make healthy eating information more accessible to everyone.

Whole Foods will financially and programmatically support a selection of cooking and nutrition programs in 2012 and offer several free collaborative healthy eating tours at the P St. location, including one scheduled for May 12. Each of the sponsored classes will share tools participants can use to enrich their lives as they experience whole, healthy foods along with information about how to incorporate better products into their diet.

Guided by the Whole Food P Street's own Healthy Eating Specialist, Ebeth Johnson, participants at the **Healthy Eating Shopping Tours** will learn insider information and skills to shop for the best products at the best prices. Emphasis will be placed on whole foods not only because of their ability to enhance bodily health, but just as importantly, their ability to bring to meals a greater sense of enjoyment and fulfillment that can come with vibrant, fresh, good quality foods.

Smith Center classes are held in the organization's new state-of-the-art teaching kitchen, where trained nutritional counselors and chefs offer live instruction, simple, delicious, whole foods recipes, and research-based nutrition information. Upcoming spring classes include two takes on **Everyday Delicious Vegan Meals** on April 14 and July 23 and **Eating for a Lifetime: Everyday Principles for Healthy Cooking** with Smith Center's own Laura Pole on June 2.

All of the classes and programs at Smith Center are led by a renowned collection of highly regarded facilitators, medical professionals and physicians, nutritionists, certified yoga and meditation instructors, artists, and more.

Smith Center is committed to making all of its programs affordable and accessible to anyone who could benefit from them. Many classes are free of charge or low cost. Scholarship and fellowship assistance is also available for most programs.

For a current schedule of Smith Center programs and classes, or to learn more about the organization, visit www.smithcenter.org or call 202.483.8600.

To learn more about Whole Foods Market P Street, visit <http://wholefoodsmarket.com/stores/pstreet/>, call 202.332.4300, or visit them at 1440 P Street in NW DC.

About Smith Center for Healing and the Arts

Founded in 1996, Smith Center for Healing and the Arts is a 501(c)3 nonprofit organization located in the heart of Washington, DC. Smith Center offers a variety of educational and creative resources and programs to enhance health and wholeness, with a special focus on serving those affected by cancer. Programs focus on cultivating each person's innate ability to heal, helping participants explore meaning and maintain hope—even in the face of life's greatest challenges. Now in its 15th year of service, Smith Center (formerly known as Smith Farm Center) has expanded its program offerings to serve more than 10,000 people each year in the DC community through weeklong Cancer Retreats, classes and workshops, community outreach events, Hospital-Based Artist-In-Residence programs, Integrative Patient Navigation Services. Smith Center also operates the Joan Hisaoka Healing Arts Gallery, a space dedicated to showcasing art that serves to educate, enlighten, empower, and cultivate healing.