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LONG ISLAND MACROBIOTIC ASSOCIATION

P.O. BOX 308, MERRICK, NY 11566

(516) 379-LIMA

POT LUCK DINNER & LECTURE

Saturday, February 27, 1993 • 6:30 P.M.

Guest Lecturer: Edward Esko

Topic: **Nine Star Ki**

Oriental Astrology in Health, Success, Travel, and Relationships



Discover how to use the fascinating system of Nine Star Ki as a key to personal and planetary health and destiny. This lecture will cover:

- The Nine Star Types
- Nine Star Ki in Love and Relationships
- Favorable/Unfavorable Directions for Travel in 1993
- The Nine Ki Outlook for World Events

Edward Esko teaches macrobiotics, holistic health, and planetary ecology at the Kushi Institute and internationally. He is the author of "Healing Planet Earth" and "Notes from the Boundless Frontier," and co-author with Michio Kushi of "Nine Star Ki". He has lectured throughout the United States, Canada and Europe.

Where:

Baldwin Park, Baldwin, New York

DIRECTIONS: From South Shore - Southern State to Grand Avenue South. All the way to end. Follow signs to Community Room when you get to the park.

From North Shore - Meadowbrook to M9 West to Grand Avenue. Left turn. Proceed as above.

Please bring a dish to serve 10 hungry people from one of the following categories: Soup, Whole grains, Beans, Tempeh, ToFu, Seitan, Vegetables (Green or root), Sea Vegetables or "Legal Desserts". No meat, dairy, eggs, night shades (tomatoes, potatoes, eggplant, peppers), white flour, raw fruit, sugar or honey;
PLEASE BRING SERVING UTENSILS & A LIST OF INGREDIENTS.

*** If for any reason you cannot cook, please call the office for suggestions on what to bring.

MEMBERS: \$5.00; GUESTS: \$10.00

**DIETARY CONSULTATIONS ARE AVAILABLE WITH EDWARD ESKO
PLEASE CALL LIMA OFFICE 516-379-LIMA**