



For Immediate Release

Sandy Thompson
Marketing Communications
Phone 231.313.3295
sandy@fustinis.com

Jim Milligan
Owner/Founder
Phone 651.260.3294
jim@fustinis.com

Fustini's Collaborates with Shape Up North to Host Nutritional Education Event

TRAVERSE CITY, MICH., MARCH 22, 2017 – March is National Nutrition Month. Fustini's and Shape Up North recently partnered to hold a Nutrition Open House in the Fustini's School of Cooking. The event encouraged health and wellness by emphasizing healthy food choices.

Fustini's Up North Corporate Chef Sam Brickman prepared healthy snacks, including farro salad with walnuts, cranberry and chèvre, and white bean hummus with pita chips. The recipes were also available for attendees to take and create at home.

Three area physicians, Cyrus Ghaemi, DO, Resident with Munson Family Practice, Patrick Friedli, MD, Medical Director of Munson Medical Center's Healthy Weight Program and James Fox, MD, Cardiologist with Traverse Heart and Vascular, were onsite sharing their passion to encourage healthier lifestyles.

"Fustini's is dedicated to improving community health through diet and nutrition," says Jim Milligan, Fustini's proprietor. "The opportunity to work with Shape Up North in this endeavor has been very rewarding."

More information about Shape Up North can be found at: shapeupnorth.com.

Fustini's, an olive oil and balsamic vinegar tasting room, opened its doors in Traverse City, MI in 2007. The store quickly grew, adding four additional locations, including Ann Arbor, Boyne City, Holland and Petoskey within the next few years. Fustini's has also expanded their products and services to include pantry items and a School of Cooking. To learn more about Fustini's, including their School of Cooking, visit fustinis.com. To host your own non-profit event at Fustini's, please call 231.944.1145.

141 East Front St., Traverse City, Michigan 49684 • 231.944.1145

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