



“Cooking Class Venues”

Meredith has taught cooking classes around the country and the globe. Here’s a list of many of the interesting venues, from schools to natural food stores, seminars, medical organizations and macrobiotic centers.

United States

Kushi Macrobiotic Summer Conference, New England
Here’s to Your Health Natural Food Store, Davie, FL
The Mustard Seed Natural Foods Store, Cleveland, Ohio
Health Classics, Miami, FL
Macrobiotic Centers: New York City; Chicago, IL; Ann Arbor, Michigan;
Kansas City, KS; Winter Park, FL; Oroville, CA
Kellogg Wellness Cuisine Vegetable Clinic, The Allen Executive Education Center, Northwestern University, Chicago, IL
The North Country School, Lake Placid, NY
Draeger’s Culinary Center, San Mateo and Menlo Park, CA
Viking HomeChef Cooking School and Kitchen Store, San Francisco and Corte Madera, CA
The Learning Annex at Sur La Table, San Francisco
Health in America, The Ritz Carlton, San Francisco
Whole Foods Markets, Mill Valley, Sacramento and Santa Rosa, CA
Parks & Recreation, Mill Valley, CA
College of Marin, Kentfield, CA
The Cancer Center, UCSF, CA
Kaiser Permanente, San Francisco, CA
VEGA Macrobiotic Study Center, Oroville, CA
Health Classic, Wine Country, CA
Peninsula Macrobiotic Community, Palo Alto, CA
French Meadows Macrobiotic Summer Camp, Lake Tahoe National Forest, CA
The Women’s Center, St. Helena, CA
Empona Breast Cancer Support, Sausalito, CA

International

Macrobiotic Centers and Seminars: Montreal, Canada; London, England; Berlin, Germany; Amsterdam, Holland; Tenerife, Spain; Melbourne, Australia; Kuala Lumpur, Penang and Malacca, Malaysia; Dogakoy Holistic Village and Organic Farm, Kas, Turkey