

## Issue: December 19, 2011

### Events

- Rochester Public Market Cookbook
- St. Joseph's Neighborhood Center Wish List
- Expressions of King's Legacy Celebration
- Mindfulness Based Stress Reduction (MBSR) Workshop

#### Rochester Public Market Cookbook

What: The Friends of the Rochester Public Market are promoting the first ever Rochester Public Market Cookbook At the Heart of it All: Sharing the Recipes, the Stories & the Love of Our Market .All of the proceeds from the cookbook will support the Public Market Token Program that enables people to use their Food Stamp EBT cards to purchase fresh, affordable and local produce from area farmers. The cookbook retails at \$22.95 + tax and can be ordered in person at the Rochester Public Market or online at

[www.marketfriends.org/cookbook](http://www.marketfriends.org/cookbook) .

More information: Gail L. Newton, Director, Community Health Partnerships, Center for Community Health, University of Rochester Medical Center at 585-224-3057

#### St. Joseph's Neighborhood Center Wish List

What: The St. Joseph's Neighborhood Center is in need of some supplies such as kitchen supplies, cleaning supplies, and office supplies. Please see the attachment for the wish list

More information: Contact Deb Swift at 585-325-5260 or [dswift@sjncenter.org](mailto:dswift@sjncenter.org)

Expressions of King's Legacy Celebration

What: Join us for the annual Expressions of King's Legacy Celebration at RIT with keynote speaker Dr. Cornel West. Other performances by Tony award winning Garth Fagan Dance and award winning poet Joshua Bennett.

When: January 23, 2012, 12-2pm. Doors open at 11am

Where: RIT Gordon Field House

More information: Call 585-475-6546 or to register

of Psychiatry.

- To see any past Stepping Out newsletters, please visit our OMHP homepage for the Stepping Out Archives at [Psychiatry Department: Office of Mental Health Promotion](#)

For more information on events in the community check out the [DBSA Website](#)

Our mailing address is:

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