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**FOR IMMEDIATE RELEASE:****Wild Oats Market Will Offer Free Workshop on Healthy Grains on January 11**

**Williamstown, MA, January 2, 2011.** Wild Oats Market, a cooperatively owned market specializing in local and organic foods, is offering a free workshop on choosing and preparing healthy grains for the winter months on Tuesday, January 11, from 5:15-6:30 pm. Ms. Debbie Corey, a holistic health counselor and certified life coach, will lead the workshop, which will include a cooking demonstration and a chance to sample her recipes. Participation in the workshop is free and open to all, but space is limited and pre-registration is recommended. To register, please contact the store at (413) 458-8060, or email [marketing@wildoats.coop](mailto:marketing@wildoats.coop), or register in person at the store's Customer Service Desk. The workshop will take place in the Wild Oats café.

**Eating With the Season**

"Our bodies naturally crave foods that are in season," explains Debbie. "Eating foods that are in season helps keep the body in balance throughout the year. Eating whole grains and root vegetables during the winter months will satisfy the body and promote well-being by helping to keep one's mood calm and grounded."

**About Debbie Corey**

Deb Corey is a holistic health counselor and certified life coach whose work supports women and men ready for better health, better relationships and overall better living. She hosts seasonal cooking demonstrations which show workshop participants how to combine the needs of the body with foods that heal and support the entire system into better balance. She is available for on-site workshops, private nutritional counseling, private life coaching, and more. To contact her please email [healthywithdeb@gmail.com](mailto:healthywithdeb@gmail.com).

**Wild Oats Market is a member-owned, cooperative-based whole foods market specializing in local and organic products. One need not be a member to shop at Wild Oats, although membership offers several benefits. The market carries a wide selection of organic and naturally-made products, including: meats, eggs, dairy products, fruits, vegetables, breads, pastas, oils, cereals, juices and chocolate. In addition, the store offers a hot foods bar, a fresh grab-and-go deli, and breads, rolls and pastries freshly baked on-site. Wild Oats Market also carries natural supplements and personal care products, as well as environmentally-friendly household supplies. The co-op is located at 320 Main Street in Williamstown.**