



# *The Passion of Cooking*

*with*

## *Donna Copeland*

**Welcome the summer with a taste of  
Strawberry Salad and Yogurt Fruit Parfait!**

Donna Copeland joined the Department of Financial Affairs at Georgetown University in 1984. After a long stint in the Office of Procurement and Contracts, since 2000, she has been with Accounts Payable. Donna has an MBA in Marketing and Advertisement from Southeastern University. Recognized for her cooking talents and motivated by her friends at the university, Donna was encouraged to start her own business. In August 2006, Donna started her own catering service, Birds of Paradise. As Donna says, "Cooking has always been a passion of mine. I am not a chef. I am a cook for the love of good food."

In this hour long presentation, making strawberry salad and yogurt fruit parfait, Donna will demonstrate the ease of cooking with simple and healthy recipes. You will have the opportunity to ask questions during and after the presentation.

**When: 12-1PM: Thursday, May 22, 2008**  
**Where: McShain Large (McCarthy Hall)**

The presentation is free and requires no reservation. All GU Faculty, Staff and Students are welcome. If you have any other questions or concerns, please contact Sandy 7-2409 or Jennifer 7-1771.

**Wellness Programs 2008**  
**Faculty and Staff Assistance Program, Department of Human Resources**