

# Food & Healing

Paula Butturini, author of *Keeping the Feast*

Fresh Local Summer Foods  
prepared by ZINC Chef Denise Appel

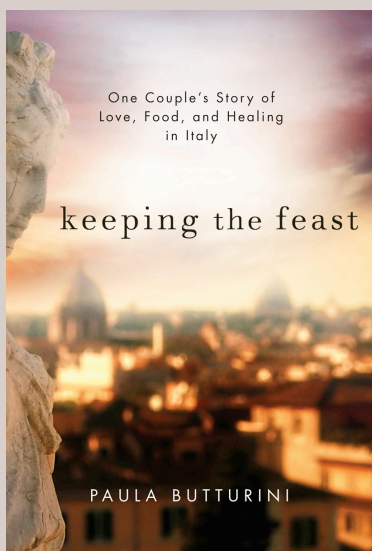
*to benefit*

The Connecticut Mental Health Center Foundation  
helping people in recovery live healthy lives  
in the community



*“Butturini tells her story through the lens of food—its restorative powers and its capacity to trigger the brain to remember and hope in times of tragedy and challenge”* —Mika Brzezinski, *NYT Book Review*

Gorgeously crafted and deeply poignant, *Keeping the Feast* is at once a singular story of one couple’s fight to overcome their incredible circumstances, and a universal tale of hardship and healing. It celebrates the heroism of anyone who has suffered from depression and come out of it stronger, and the courage of their family and friends who suffered through it with them. In rich, deliberate prose and full of keen, surprising wisdom, Paula Butturini offers an evocative testament to the simple, nurturing power of food, family, and friendship, and to the ultimate triumph of hope over adversity.



Thursday, July 15, 5:30-7:30  
Reading starts at 6:00

ZINC Restaurant  
964 Chapel Street | New Haven

\$50 in advance

Books available for sale and signing

For reservations and more information:  
Sharon DeGenaro at 203-974-7082  
or [sharon.degenaro@yale.edu](mailto:sharon.degenaro@yale.edu)  
[www.cmhcfoundation.org](http://www.cmhcfoundation.org)

