

**FOR IMMEDIATE RELEASE**

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**LADIES OF VIRTUE (LOV), THE CAMBRIDGE SCHOOL & LAKESHA ROSE  
CELEBRATES NATIONAL NUTRITION MONTH®**



Ladies of Virtue and The Cambridge School are partnering together to celebrate National Nutrition Month. The event will be held on March 31, 2012 from 2pm to 4pm at the Cambridge School on 1014 East 47th street. The youth will perform a skit about the importance of healthy eating healthy alternatives to common snacks from local convenience stores.

Lakesha Rose of L-ROSE Brand will perform an interactive live cooking demonstration. Students will help make healthy renditions of homemade honey butter and blueberry muffins.

**About Ladies of Virtue - Transforming Lives. Destined for Greatness.**

Ladies of Virtue (LOV) is a nonprofit organization located on the south-side of Chicago, IL. Founded in 2009, LOV utilizes a holistic approach to prepare our new generation of young female leaders for today's society. Their mission is to instill virtuous characteristics (e.g., wisdom, servant leadership, purpose) in young women, ages 10 to 18, while preparing them for college, a career and adulthood.

**About Cambridge School**

The Cambridge School emphasizes the individual learning approach to education. The school staff consults closely with the parent, in tailoring the program and curriculum to the individual needs of their child. A flexible, individualized approach to education makes The Cambridge School a suitable place for students with a variety of learning styles and differences. The Cambridge School offers a unique approach to education that combines the best teachings available in education from yesterday and today, including approaches developed in home schooling, classical education, core knowledge and holistic experience-based classrooms.

**About Lakesha Rose**

As a cook, Lakesha Rose of L-ROSE Brand has traveled across four continents studying local cuisine. She has been seen on WGN and ABC7 in Chicago, showing viewers how to build sumptuous meals with the freshest ingredients and easy design tips. Since 2006, she has been an active volunteer, teaching children's cooking classes and educating children about the exciting world of food. She resides in Chicago with her husband, legendary sports broadcaster Jim Rose of WLS television.

**About National Nutrition Month®**

The theme for March 2012 is "Get Your Plate in Shape."

"National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

To learn more about Ladies of Virtue please scan the QR Code below with your smartphone or visit [www.lovirtue.com](http://www.lovirtue.com).

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