

Sustainable & Healthy Cuisine and Live Music Unite in a Virtual Culinary Spectacle

Monday 28 August, 2023

Press release – 28th August 2023

In an era where memorable experiences have become a rare commodity, a groundbreaking event is poised to take center stage. "EcoHarmony Eats & Beats - UK" a sensational blend of sustainable and healthy cuisine paired with captivating live music, is set to delight audiences and awaken their senses.

EcoHarmony Eats & Beats Overview:

EcoHarmony Eats & Beats is not just an event; it's a harmonious convergence of culinary artistry and musical magic. This unique experience unfolds in the comfort of your home through a virtual platform, every Wednesday night at 7 PM (UK time).

A Culinary Journey:

At the heart of EcoHarmony Eats & Beats is a deep appreciation for sustainable and healthy cuisine. Each week, a renowned chef or sustainable cooking expert leads a live cooking session that guides participants in crafting eco-conscious culinary masterpieces. Subscribers don their aprons and cook along, creating delicious and planet-friendly dishes while learning from the best in the field.

The Musical Interlude:

Following the cooking session, it's time for the musical interlude. A talented musician takes the virtual stage, infusing the evening with soul-soothing melodies. As subscribers savor the meal they've prepared, they're serenaded by live music, elevating the sensory experience to new heights.

Why EcoHarmony Eats & Beats is a Must-Experience Event:

- **Eco-Friendly Fare:** Learn to prepare sustainable dishes that are kind to the planet.
- **Healthy Living:** Explore the secrets of crafting nutritious, delicious meals.
- **Musical Bliss:** Immerse yourself in live music that stirs the soul.
- **Community Connection:** Join a vibrant community of like-minded food and music enthusiasts.
- **Convenience:** Experience it all from the comfort of your own home.

Special Early Bird Offer:

For a limited time, subscribers can access this unparalleled experience at an early bird price of just 15 euros for the first month (regularly 50 euros). The event subscription includes weekly sessions, making it an incredible value.

Become Part of the EcoHarmony Community:

EcoHarmony Eats & Beats isn't just an event; it's a movement. A movement toward sustainable living, healthier choices, and the joy of culinary exploration.

Join us for an unforgettable journey that will tantalize your taste buds, uplift your spirit, and foster connections within our eco-conscious community.

About 3FRuum:

3FRuum is a dynamic creator platform that brings together talent from various fields to create captivating content and unique experiences. EcoHarmony Eats & Beats is just one example of our commitment to delivering exceptional experiences that resonate with our audience.

Media:



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