

SPOTLIGHT

ON *Beacon Hill*



MGH's "Be Fit" program

MGH Award and Employee Program

The Alliance for Work-Life

Progress (AWLP), the leading not-for-profit professional work-life association, recently

by **Clint Hamblin**

announced that Massachusetts General Hospital (MGH) was one of the recipients of its 2007 Work-Life Innovative Excellence Award. The award acknowledged the implementation of programs that enrich the lives of MGH employees while achieving organizational and business goals.

MGH developed an employee wellness program called Be Fit to help employees live healthier lifestyles. The program incorporates healthy cafeteria meals, monthly nutrition seminars, meditation sessions, daily walks and discounted membership at the MGH-owned health club for groups of MGH employees. At the core of the program lies a 10-week nutrition and fitness curriculum where employees form teams and compete for awards. The Be Fit program has helped 1,036 employees realize a healthier lifestyle since its January 2005 inception.



A Turkish band plays Suffolk University

Suffolk University Concert

Suffolk University's public concerts are one of the best kept secrets on Beacon Hill. As part of their Centennial Partnership Series, a jazz ensemble led by Melumet Ali Sanlikos and special guest artist Tiger Okoshi will present "An Eastern Ritual of Love" on Tuesday, April 24 at 8 pm at the University's C. Walsh Theatre located at 55 Temple Street.

"An Eastern Ritual of Love" explores the mutual influences of

Turkish music and jazz, taking the audiences on a musical journey from the Ottoman Janissary Bands to Duke Ellington and from John Coltrane to contemporary composers. The concert will also feature various guest artists playing Turkish ethnic instruments.

Tickets are \$20 for general admission and \$15 for students and senior citizens. To purchase tickets, call 859-5805, or visit www.dunyainc.org for more information.

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Flat Iron Tapas Bar and Lounge

Tapas Restaurant Opens at Bullfinch Hotel

The Flat Iron Tapas Bar and Lounge has replaced the former Angus Steak House located at 107 Merrimac Street in the West End. The restaurant had a soft opening on March 30 and is expected to host several future promotional parties.

The name Flat Iron reflects the triangular shape of the building reminiscent of the Flat Iron Building in New York. The restaurant space was designed by

hospitality architects Studio 1200 as a modern lounge and dining space matching the architectural style of the Bullfinch Hotel. Executive Chef Thomas Ciszak has created a small plates menu for this cozy 45-seat dining room. The menu is divided into chilled and hot sections, with dishes priced from \$3 to \$13.

The restaurant is open daily for breakfast from 6:30 to 10:30 am and for dinner from 4:30 to 11 pm. To make a reservation, call 778-2900.

Judith Dowling Asian Arts Expanding

When you walk down historic Charles Street, you can't help being drawn into the window of The Judith Dowling Asian Art gallery. Dowling specializes in fine Japanese art, including paintings, ceramics, lacquer, Buddhist and Shinto arts, textiles and folk art all displayed in traditional Japanese surroundings on two floors at 133 Charles Street.

Dowling recently announced that she will be expanding her gallery focusing on traditional Japanese folk art and everyday objects including fine Tansu furniture, as well as folk ceramics and paintings. "We are looking forward to using the lower gallery for special exhibitions including an upcoming exhibit on Osaka woodblock prints," Dowling said.

Premium Pesto Line in Whole Foods Market

Linabella's Gourmet Garlic Farm has launched its line of all-natural pestos in select Whole Foods Markets, including the Charles River Plaza location. Made with premium ingredients, Linabella's pestos have been favorites at farmer's markets, garlic festivals and harvest fairs since 2004. This local find is now available in the freezer case of select Whole Foods stores just in time for spring.

Linabella's all-natural pesto has a wonderfully pungent basil and cheese taste and works well with fresh cooked linguini and grated cheese or on chicken or shrimp.

For complete product launch details, including the schedule for in-store cooking demonstration, visit www.linabellapesto.com or www.wholefoodsmarket.com.

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