

"Living" On Live Foods" Demo Class

By Raw foods Chef Deb Dickson

And Trish Lynch RDN

Are you interested in Raw Foods?



Its not just salads! A full day of Raw Foods!

Eat, Learn and Make Friends!

Pasta Marinara, Chocolate Pudding & cheesecake are healthy!

Come and find out how easy it is!

Come Hungry....Leave Full and Nourished!

Would you like to:

- Lose Weight?
- Gain Energy?
- Heal Your Body?
- Detox Naturally?
- Attain optimal health easily and naturally?
- Create healthy snacks that children will love?

Have you wondered about RAW FOOD LIVING but felt it may be too boring and limited? Or, are you already RAW and looking for some new recipes?

This class is for you! Learn to prepare the most delicious and nutritious foods easily, maintain the lifestyle and feel the best you have ever felt!

Come for a day of "cooking", eating and making new friends!

If you have questions, or would like to register:
Please call Becky @ Therapyworks: 860-434-5524