

Attention Parents:
Looking for Healthy Foods Your Kids
will Love?

Come to our "Living" On Live Foods"
Demonstration and Sample Day

By Deb Dickson RPT
And Trish Lynch RDN



Pasta Marinara, Chocolate Pudding, onion dip & cheesecake
can be healthy! (and they are on our menu for the day)

Come and find out how easy it is!

Come Hungry....Leave Full and Nourished!

All food and recipes will be gluten & casein Free!

This class is perfect for busy parents. We will make and sample a variety of very easy and time tested recipes that are fast, easy, healthy and have been 'kid approved". You will learn to prepare the most delicious and nutritious foods easily, to help you and your children look 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