

Oceanic Free Library

presents

Local integrative health and
nutrition counselors and co-founders
of Nourish Coaches will be at
Oceanic Free Library on

Saturday
February 25, 2017
at 11:00 am

for a book signing of their 2nd Edition of



Nourish

a community supported cookbook

nourish

a community supported cookbook



created by

debbie peterson and wendy bright-fallon

second **2** edition

The cookbook has **135** recipes including cooked, raw, vegan, animal and everything in-between using no artificial ingredients or refined sugars. Every single page includes a gorgeous color photograph of the dish. The book also includes several sections of valuable and up-to-date nutritional guidance to help you and your family thrive.

Join Wendy Bright-Fallon and Debbie Peterson for a taste from one of their favorite recipes.

Books will be available for purchase and be signed by the authors.

Please call the library at **732.842.2692** to reserve your place!

Oceanic Free Library

109 Avenue of Two Rivers, Rumson, NJ 07760

Telephone: 732-842-2692

www.oceaniclib.org