

HOW TO INTEGRATE

RAW FOODS

INTO YOUR DIET

*Julianne Montano and Sheila Shea
offer you a great winter workshop on
the **Raw Food Diet**.*



Location: Central - directions provided upon registration.
Date: Saturday, January 23, 2010 Time: 10am - 2pm Cost: \$89.00

If you are interested in learning more about raw foods and getting new ideas for recipes from cool chicks like us, then this is the workshop for you. Come ready to eat, meet new friends and learn how to have more fun in a raw food kitchen. We'll share transitional tips, personal stories and knowledge about the mental and emotional aspects of eating, and the social component that occurs when changing your diet.

The workshop includes a raw food meal and demonstrations. Everything will be 100% organic. You will receive a handout of all the recipes.

TO REGISTER, CALL OR EMAIL:

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*Credit cards
accepted.*