

Raw Food Living Food Cuisine Classes

When: 6 December 2009
Where: 12 Jones Street, Valla Beach, NSW 2448
How Much: \$65.00, incl recipes and tastings. Payment is in advance
Time: 12 noon to 4.00pm
How to Book: email: linda@itsuptoyou.com.au tel: 02 6569 6633

Outline of the afternoon:

You will learn an overview of Raw Foods and why they are extremely beneficial to us all for optimum health, vitality and weight management. You will be shown step by step how to create absolutely delicious meals, including recipes to make your



Christmas Dinner this year a little bit Raw. You will be invited to taste all dishes made on the day and also have the opportunity to network with similar people who are seeking more vitality from food.

Speciality products available on the day for purchase.

it'suptoyou
you are what you eat

Raw Food Corporate Training - Raw Food Cuisine Classes
Raw Food Coaching - Raw Food Retreat