

LECTURE AND TASTING

BALANCING A RAW LIFESTYLE

SUNDAY, AUGUST 15, 2010

4:00 – 7:00 P.M.

\$40 ADVANCE PAYMENT BY 08/08/10

\$50 THEREAFTER

Take this opportunity to learn about raw foods, have your questions answered, hear testimonials and experience for yourself the explosive flavors and endless benefits of eating raw foods.

We will discuss specific dietary needs and food sources, food combining, acid alkaline balance and food portioning. We will show you step by step how to design an eating plan tailored to your unique lifestyle using the plant-based food pyramid as a guide.

After the lecture, feast on a delicious buffet that includes a variety of favorite Raw Soul dishes.

Register on-line at www.rawsoul.com/events.htm or in person at Raw Soul. Register early as space is limited to 30 people. Come join the fun of healthy living. We'll show you how!



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