

Health, Youth and Vitality with Sea Vegetables

Dr. Jane Jamieson, Edinburgh, Scotland
College of Naturopathic Medicine

Dr Jane will show you innovative, easy and fun ways to introduce sea vegetables into your daily life.

- Detoxification and healing
- Easy, tasty recipes
- Minerals for energy
- Excellent source of protein
- Free tasting and samples

“Since the course, I now take seaweed and feel the health improvements. I recommend anyone to go on the course” J M Edinburgh

“Sea vegetables are amazing, I didn’t realize how beneficial they are. I found this course really inspiring; money well spent” T C Edinburgh

Date: Monday November 1, 2010

Venue: "Raw Soul", 348 W. 145th Street (between St. Nicholas and Edgecombe Avenues), New York, NY 10039, www.rawsoul.com

Time: 7.00pm – 9.00pm

Cost: \$25 in advance by October 30th (\$35 at the door)

Register on-line at www.rawsoul.com/events.htm, in person at Raw Soul or by mail. Feel free to call us if you have any questions.

Register early, space limited



**348 W. 145th Street
New York, NY 10039
212-491-5859
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