

Part 2

Whole Food Plant Based Lifestyle

Do you want increased energy?
Do you want to lose weight?
Do you want to improve your health?
Would you like to be free of indigestion?
Would you like to take fewer medications?
Would you like to help protect the environment?



If you answered “YES” to any of these questions join Annalisa Mather for a day of cooking and tasting delicious, nutritionally balanced whole food recipes.

This is part 2 in a series of workshops in which you will learn to create simple and yet elegant, nourishing whole food meals with a focus on plant based nutrition, restoring vitality, increased energy levels and optimal health.

During the workshop there will be plenty of opportunity to ask questions so that you will walk away feeling confident and inspired to create a wide variety of flavourful health sustaining meals and snacks.

COST: \$80

Includes snacks and the lunch we prepare.

DATE: Saturday, 11 April, 2015
10.00am - 5.00pm

LOCATION: Carbondale, CO

ACCOMMODATION: Available on request.

For more information and to register:

Call: 970 309 7588

Email: enjoy@joyofyum.com

[Click here](#) to register.



www.joyofyum.com