

Happy~ Healthy~ Blessed

A Place For Women To Be Encouraged & Inspired For a Fruitful Life

www.happyhealthyblessed.com

Health Class: Cooking the Whole Food Way



Whole food cooking is delicious, nutritious and can be very cost effect! So many desire to transition to whole foods, they just don't know where to start

Come to this fun class to not only learn some great health benefits with eating whole foods but you will also gain ideas for menu planning & shopping, get new recipes, try testers of different food dishes, and learn how to swap some common and frequently used ingredients for healthier ones!

When: May 29th 7:00-8:30pm

This is a *free* class for women but due to limited seating your reservation is required to hold your spot.

Please contact Sarah to hold your spot at (801) 735- 9747

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Rejuvenate Refresh Relax