

Call 815.741.7275  
or stop by the front  
desk to register!



# Raw Foods 101

## Learn How Raw Foods:

Promote Weight Loss + Healing

Boost the Immune System

Increase Energy

Provide Nutrition (Even Protein)

Prevent Disease

**Tuesday**

**February 28**

**7 – 8 pm**

**\$10 RDC/\$15**

program #5-4520-12

Taught by Kristen Gurnitz Bernier, Certified Raw Food Nutrition Educator. Certified through Living Light Culinary Arts Institute  
Provena Saint Joseph Inwood Athletic Club at the Joliet Park District 3000 W Jefferson St, Joliet Lectures held in 1st Floor Board Room