

New for 2011



# Raw Food Series

## Benefits of Raw Food

Have you heard of the Raw Food Movement and wondered what it is all about? Learn how raw food can:

- give you more energy
- help you lose weight
- reduce your risk of disease
- increase your level of health and well being
- slow down the aging process.

Discover the science behind the media hype surrounding raw food and its true benefits. *Handouts included.* program #5-4518-11

Saturday, January 15

9 – 10 am

\$10 RDC/\$15

Are you new to the Raw Food Movement? Be sure to take this class to learn the raw food essentials.

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Call 815.741.7275 or stop by the front desk to register

## Learn How to Sprout

Sprouts are one of the most efficient ways to get the highest amount of nutrition with the least amount of foods, often costing only pennies per serving. Sprouts cleanse and oxygenate the blood as well as supplement the body with necessary enzymes, minerals and nutrients while promoting healing of the body. Learn about the equipment and techniques to sprout your own seeds, grains, beans and nuts. *Handouts included.*

program #6-4520-11

Saturday, March 19

8 – 9:30 am

\$25 RDC/\$30

## Sweet Treats ♥ Made Raw

Do you workout hard but don't want to ruin it with your sweet tooth? Learn to make truly decadent desserts without the refined carbohydrates, sugars and unhealthy fats from raw + living food ingredients. No need to feel guilty while indulging in these sweet treats! *Live demo, samples and handouts included.* program #5-4519-11

Saturday, February 12

8 – 9:30 am

\$25 RDC/\$30

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Provena Saint Joseph Inwood Athletic Club at the Joliet Park District

3000 W. Jefferson St, Joliet Lectures held in 1st Floor Board Room