



**JUNE
2010**

The New UnCooking Class... Get Naked with Natural Whole Foods

Join Judy as she shares her playful experience with raw foods. Forage through the world of super-charged living foods and learn how to create wildly delicious snacks teaming with enzymes, vital nutrients and life force.

Eat, Drink, Be Nourished... Totally Rawsome!

Raw Menu:

Faux Meatloaf
Sprouted Humus or Lively Falafels
Tangy Tarragon Super Salad
Raw Chocolate Torte
Live Coconut Milk
Hip Hibiscus Lemonade

Dates: June 2, 2010

Time: 6:30 - 8:30 pm

Cost: \$45 per person(+gst)

Recognized by BCRPA & CSNN for CECs & practicum hours.
CSNN student rate of \$35.00 per class (+ gst)

Location:

Terra Breads Falsecreek
Test kitchen (2nd Floor)
53 West 5th Ave (5th & Ontario)
*Enter through administration door next to cafe

To Register:

Call: (604) 250-9999
Email: info@dynamicbynature.com
On-line credit card: www.dynamicbynature.com
Pay in-person: cheque or cash.



About Judy:

Judy Chambers RNCP, CPT is a graduate of the Canadian School of Natural Nutrition and an internationally certified athletic trainer. Judy's powerful system blends the principles of Eastern medicine with the research of modern science, adapted and tailored to function in the Real World. A unique approach that will help you achieve peak metabolism and vibrant health for life. Judy is also a playful gourmet chef who infuses wholesome foods with taste and style!

SPACE IS LIMITED SO REGISTER TODAY!