



Healthy Cooking Class



- **Hungry, but need inspiration on what to eat?**
 - **Short on time to take care of yourself?**
 - **Tired of feeling bloated and heavy?**

Discover the healing benefits of making a delicious, healthy meal at home. In this class we will participate in preparing a delicious, vegetarian meal and feel its nurturing benefits as we dine together.

Each participant will receive a free gift - a Radiant Health CD!

When: Sunday January 29, 2012

Where: Niemeyer's Imports LTD
10 East Wilmot, Unit 9 Richmond Hill

Time: 2 - 4 p.m.

Fee: \$25.00

Registration: U.S. 877-330-9988 • Canada 905-727-6223

Michele Caws is a Holistic Health Counselor with The Royal Pathways Inc. offering health and wellness counseling with Integrative Nutrition. She is a graduate of the Institute for Integrative Nutrition, NY and is accredited by the American Association of Drugless Practitioners.

www.TheRoyalPathwaysInc.com