



**UPCOMING
NUTRITION
CLASSES:**

**REGISTRATION
REQUIRED.**

Registration for these next two classes at MARLENE'S can be done by calling 253-839-0933

HEALTH IS FRAGILE ~ HANDLE WITH FOOD! Sat. Oct. 21 @10am at Marlene's Federal Way

All categories of our food are suppose to be present in our daily intake. Learn how to incorporate the wide variety of foods by choosing all the GOOD versions and leaving the processed, synthetic and denatured versions out of the menu. Samples offered; Email Notebook included \$10/person

COOKIE, MUFFIN, & BREAD CLASS Sat, Nov. 18 @10am at Marlene's Federal Way

Grains, Sweeteners and Oils are basic and oh so important that they come from quality, properly handled sources. When ground fresh, flours heal. Come find out how to make quality baked goods that actually support health rather than take it away. Samples, hands on, and book offered , and follow up email notebook. \$10/person

KEEP WATCH for more classes in the new year as well as a guided Purification Program (February) that is safe for everyone and very effective.

Some of the subjects will be: Juicing & Blending; Culturing Made Simple; Escaping Sugar's Grip; Guts, Greens, and Brains; and as the Spring comes, Permaculture Gardening Tips and Insights. Looking forward to having you in one of our classes.

Questions? Call 360-477-1930 or email us at csntsherry@gmail.com