

# ***Village of Natural Teaching***



## **Living Food Preparation Workshop**



What are Living Foods? Living foods are uncooked whole fruits, vegetables, nuts, seeds and grains prepared by blending, sprouting, fermenting, and dehydrating so that all natural enzymes and nutrients are retained.

Enroll in our interesting and delicious workshop today to learn how to shop for and prepare living foods into delicious, living meals that will restore and enhance your vibrant health.

### Workshop Details:

The Village of Natural Teaching Living Food Preparation Workshop will include:

- Shopping and selecting foods
  - Basic food preparation tips to prepare meals on your own
  - Food Combining
  - Meal preparation
  - Free Living Foods meal on Sunday
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- Living Foods lunch available on Saturday for \$10

Schedule:                      Saturday, March 28, 2009 9:00 AM to 5:00 PM (1 hour lunch--on your own)  
   Sunday, March 29, 2009 9:30 AM to 4:30 PM (includes living foods lunch)

Location:                      Village of Natural Teaching, 14144 Verona Road, Marshall, MI 49068

Cost:                              \$275 (includes free Living Foods meal on Sunday afternoon)  
   Prepayment is required.

Village of Natural Teaching  
14144 Verona Road, Marshall, MI 49068  
Phone 1-269-781-3010

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Registration: A minimum of 15 participants is needed to hold the workshop. Pre-registration and Payments are required by February 28<sup>th</sup>. If you pay on/or before February 28<sup>th</sup> you will receive a \$25 discount. Call the Village of Natural Teaching at 1-269-781-3010 to register.

Payment method: PayPal and Credit Cards are accepted by phone or mail check to the Village of Natural Teaching, 14144 Verona Road, Marshall, MI 49068.

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Please detach this portion and return with your payment to insure your spot. Retain upper portion for your records.

Name: \_\_\_\_\_ Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Total No. Attending: \_\_\_\_\_

Payment Method (✓)     PayPal    Credit Card     Check

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