

2012

COOKING classes
with CHEF AUDREY BARRON

CLEANSE & DETOX WITH LIVING FOODS

SATURDAY, JAN. 14TH • 2-4:30 PM

Are you feeling tired, irritable, sickly or stressed? Are you carrying extra weight and just not feeling your best? Join Chef Audrey Barron for Cleanse & Detox to learn the basics of how to cleanse and detox the body with healthy, plant based living foods. Learn to make 4 deliciously cleansing dishes and what foods are best for detoxing the body. Samples and recipes provided with class.

menu: *Thai Spring Rolls • Emerald Greens Detox Soup
Liver Lover Juice • Raspberry Mango Zing Sherbet*

cost: \$40 per person/Pre-registration is required



Optimal Wellness Center
A Creating Wellness Center

4545 Northwestern Dr. Suite A | Zionsville, IN
WeCreateWellness.com

Space is limited and fills up quickly.

CALL TODAY
AND REGISTER:
317.870.7220