

RAW FOOD WORKSHOP! with Raw Chef Franky Giglio



YOU are **exclusively** invited to join us for a special 6-hour tutorial raw workshop!

SUNDAY, FEBRUARY 7, 2010
10:00 AM - 4:00 PM

Naugatuck Savings Bank, Community Room
87 Church Street, Naugatuck, CT 06770

If you have been interested in learning more about how to adopt raw foods into your life, or currently do raw and want new ideas, have questions, need help with the planning or preparation aspect ... this is SO the course for you.

Celebrated Raw Chef **FRANKY GIGLIO** will take us through *A Day in the Raw* and provide easy, detailed information on recipes, planning, raw eating costs, time-saving tips, how to create a "raw-friendly" pantry, as well as sharing tips on how to make one dish that will feed us over several days.

From Breakfast to Dessert meals, Franky will lay down the foundations of raw food, teach us to prepare seasonal dishes that are extremely delicious, and show us how with a good strategy, we can transform our bodies through a raw eating experience.

INVEST IN YOUR HEALTH IN 2010!

WORKSHOP COST: \$125.00 per person
and includes:

- Raw UN-cooking/preparation demos
- Raw drinks, lunch & dessert
- Full raw recipe hand-outs
- Q & A throughout the day
- Incredible healthy fun with amazingly interesting people!

HOSTED BY:
**The Naugatuck Holistic
Health & Lifestyle Alliance!**



So **MARK** your calendar • **PROVIDE** your payment • **SHOW UP** at our fun, high-energy event • **LEARN** about raw food preparations like never before • **EAT** yummy raw food • **ENJOY** the best Sunday afternoon EVER, with very cool people just like YOU!

Limited to 30 health lovers only! RESERVE YOUR SEAT TODAY!
Please call or e-mail ASAP to make arrangements for your payment:

ROSA CONTI | 203.910.7552 | rosaconti@rosaconti.com