

Raw Food Radiance



RAW FOOD RADIANCE

2 - 1.5 hour classes

Instructor: Crystal

Get the glow that comes from a truly healthy diet! Learn about Raw food; the reasons, recipes, tips and tools to transform your meals into delicious food for the mind, body and soul. The second class will focus on great holiday recipes and ideas to keep healthy dishes tasty for the upcoming season.

DATE	DAY	TIME	LOCATION	CODE
Nov 12	Thurs	5pm	Rice	3-26-067-34
Nov 19	Thurs	5pm	Rice	3-26-068-34

Price: \$ 20
\$ 16 Topeka resident



Rice Community Center
432 SE Norwood
Topeka, KS 66607
785.368.4363



ADA Notice: For reasonable accommodations for this event, contact 785-368-4363 at least three working days in advance.