



Raw Food Science Kafe

Hosted by Raw Food Chef Amanda Fanning from the Raw Kurious Kafe

Where:

CrossRoads Coffeehouse
2020 Main St.
Cross Plains, WI 53528
(608) 798-2080

When:

September 27, 2011
From 7:00 - 9:00 PM

(No Registration or RSVP Required)

Raw Food 101 Topics Covered:

- α What is the Raw Food Lifestyle
- α Living to your Fullest Biological Potential
 - α Benefits of Raw - What to Expect
 - α Nutraceutical Remedies
- α Introduction to Basic Daily Practices

After a short discussion and some live food sampling the floor will be open to questions and great conversation!

Hope you will come and join us!