

Holistic Food Practices ANNAHARRAH'S

Conscious Cooking Classes

1 – 6 p.m., March 5th To May 7th at Springer Studios: Highland

Learn the basics of:

Raw Food WEEK 1-2

Food Combining WEEK 3-4

Low Glycemic WEEK 5-6

Vegan - Vegetarian WEEK 7-8

Healthy Italian WEEK 9-10

Register and pay for the course or classes before February 26th and receive \$50.00 off the course and \$10.00 of the class topic of choice!!

Registration: Annaharrah@hotmail.com

or call Annaharrah at 720.988.8554

JOIN UP NOW FOR THIS LIFESTYLE ENHANCING

10-WEEK COURSE

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CHOOSE AN INDIVIDUAL TOPIC.



Tuition for the 10-week course: \$270

For individual class topics (per two classes): \$65