



RAW FOODS POTLUCK

(Offered by Registered Dietitian and Wellcoach[®], Wendy Vigdor-Hess)

DO YOU WANT:

- To meet **new health goals for 2011** such as weight loss, more sleep, more joy, more energy and clarity?
- To meet **new friends?**
- To eat a healthy meal in a relaxed country setting?



ARE YOU CURIOUS OR WONDERING ABOUT:

- Easy ways to **incorporate more fresh fruits, vegetables, nuts and seeds** into your daily life?



- How to have more **FUN with FOOD?**
- What some of the recent "buzzwords" mean such as "Superfoods," "Omega oils" and More?

WHEN: Sunday, March 27th

TIME: 4-6 pm. (Come learn together with and from others.)

WHERE: Country setting home; directions upon RSVP

FEE: Bring a raw potluck dish



To register or to learn more information and/or ideas for what to bring please contact Wendy, at 434.996.6768 or email her at wendy@vigdorhess.com. You can also reach her through her website at www.vigdorhess.com

Ideas of what to bring: avocados, a greens and veggie salad, a raw gourmet dessert, a raw nut or seed pate. For easy raw recipe ideas, you can also see www.rawglow.com