



Raw Food Potluck

Are you interested in seeing a free raw food demonstration, sharing delicious raw food, exchanging recipes, watching a health related movie, networking with like-minded people, or in improving your health? Or are you just plain curious about what the “raw food” movement is all about?

	<p>Join SHARE Network SIMPLY HAPPY ABOUT RAW EATING</p> <p>for an evening of raw food and demonstration. First Saturday of every month at 6:30 pm at Living Light Culinary Arts Institute, 301-B North Main Street, Fort Bragg, in The Company Store, upstairs in the culinary studio. Bring a raw vegan food dish, preferably organic ingredients, serving and eating utensils, a plate, and napkins.</p>
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For information call Barbara at 707-357-2030
or email fb_barbaraw@comcast.net