



NATURAL GROCERS

SUPER FOODS, SUPER SIMPLE: COOKING WITH NUTRIENT DENSE FOODS



Profoundly support your health by incorporating foods with “super powers” into your everyday cooking! Chef Shellie Kark explains the history and nutritional benefits of these foods along with how to buy, use and store them. You’ll receive recipes and ideas to easily bring great taste and good health to your table with these nutrient dense foods.



Presented by:
Shellie Kark
Chef and Culinary Instructor

Thursday, August 12th, 6:00 P.M.

Natural Grocers by Vitamin Cottage of Arvada
7745 N. Wadsworth Blvd., Arvada, CO 80003

Reservations not necessary. Seating is limited-- First Come, First Seated. Questions? Call Pat 303-986-4600 x118
Additional free seminar listings at www.Naturalspeakers.com

Key:



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