



Why Raw ?

... the Benefits of Raw Food Nutrition

presented by :

Linda Szarkowski

Raw Culinary Arts Chef & Instructor

Would you like to...

Lose Weight without counting calories? Gain Energy?

Reduce Risk of Disease? Slow Down the Aging Process?

Increase Your Level of Health & Well Being?

In this engaging and inspiring in-depth two hour presentation,
Chef Linda will show you how!

Backed by proven science, you will learn:

- # The benefits of a raw, living foods lifestyle
- # How cooking effects food
- # Where to get your protein, calcium, minerals & healthy fats
- # Why "diets" don't work long-term
- # ... and so much more

Samples of delicious, easy to prepare raw foods are included.

For radiant health & vitality, please join us for this enlightening event :

When : Thursday March 04th , 2010 6:00 pm til 8:00 pm
Where: Colon Care Inc., 920 N. Franklin, # 402, Chicago, IL 60610
Fee: \$ 25.00
Registration: Please call Christina Czuj @ 847 971 9691 or
register online @ www.greenspiritliving.com



Linda Szarkowski is a graduate of the internationally renowned Living Light Culinary Arts Institute, where she received her certification as a Raw Culinary Arts Chef and Instructor. Linda is also a certified Raw Nutrition Educator. She is passionate about sharing the raw living foods lifestyle with others and now teaches raw culinary arts classes throughout Chicago. Formerly she was a chef at the award-winning Chicago Diner, as well as at Beets Café in Austin, Texas. She also offers personalized training and private chef services.

Healthy living starts with the food we eat.