



HUNGRY FOR A CHANGE?

LEARN RAW FOOD SECRETS TO...

A not-to-be-missed, fun and motivating CLASS to improve your health and GREEN up your lifestyle to the max!

Taught by International Live-Foods Health Chef [ERIC RIVKIN](#)

- **WHISTLER CLASS:** Myrtle Phillips Comm. Center, Sunday, July 18, 1:30 to 4 pm
- 1 FREE DEMO/SAMPLING at the Whistler Marketplace IGA, 1-4 pm Sat. 7/10
- 2 FREE DEMO/SAMPLING, Meet Chef Eric at the Whistler Marketplace IGA, 1-4 pm Sat. 7/17
- **VANCOUVER CLASS:** (location TBD), Monday, July 19, 6:30 to 9 pm
- TUITION: \$60, includes tax, ample food samples as they are made, recipe manual
- PRE-REGISTRATION by Paypal: To emrivkin@gmail.com
- WHISTLER CONTACT: Cynthia at IGA 604-938-2850, iga077@igabc.com
- VANCOUVER CONTACT: Katherine at 604-351-5779, rawsomechef@yahoo.ca

◆ **MENU:** *SUSHI ROLLS WITH "RAWSMATI" RICE AND WASABE MAYONNAISE, 'TATER SALAD WITH HONEY LEMON DILL SAUCE, RAW CHOCOLATE MOUSSE*
FREE OF ANIMAL PRODUCTS, DAIRY, GLUTEN, REFINED SUGAR, FOOD ADDITIVES, BAD FATS OR CHOLESTEROL!

"Anyone who wants their health back to optimum should take some raw food classes from Eric. I have taken several and have had my health swiftly returning, deliciously!" - Monica F., Mpls

Restore Health.
Increase Energy.
Promote Longevity.
Lose Weight Naturally.
Develop Healthy Eating Habits.
Save Time, Money, Environment.
**Connect Divinely to Mind, Body,
Spirit, & Nature.**

⇒ For information about Live Foods
Health Chef Eric Rivkin, visit:

VivaLaRaw.org