

Benefits of Raw Food

Have you heard of the Raw Food Movement and wondered what it is all about? Come learn how raw food can give you more energy, help you lose weight, reduce your risk of disease, increase your level of health and well-being, and slow down the aging process. Discover the science behind the media hype surrounding raw food and it's true benefits.

\$15 members/\$20 non-members

Call 815.741.7275 ext 315 by September 14 to register

Provena Saint Joseph Inwood Athletic Club at the Joliet Park District

3000 W Jefferson St, Joliet Lecture held in 1st Floor Board Room

raw food
series on
the back

Tuesday
September 21
7 – 8 pm



PROVENA Saint Joseph

Inwood Athletic Club

A Joliet Park District Facility

Raw Food Series

Sign up for any individual class or the **entire series at a discounted price**. This series will include raw + living food nutrition, kitchen basics, equipment demonstrations, pantry organization, shopping tips, menu ideas, samples, recipes and much more.

Uncooking 101

After attending the Benefits of Raw Food (opposite side) you know why you should be eating raw + living foods. Now learn how to prepare raw food and ways to incorporate them into your diet. Raw dishes will be prepared in front of you using the raw food kitchen essentials. A one day sample menu will include breakfast, lunch, dinner and dessert. *Samples and handouts included.* **Saturday, October 9 at 8 am** program #3-4515-11

The Science Behind the Raw Food Revolution

This class will provide answers to common questions about raw + living foods. The Science Behind the Raw Food Revolution will take your raw food nutrition knowledge and understanding to an entirely new level. This class builds on the knowledge based learned in the Benefits of Raw Food (opposite side) that are essential to understanding the big picture of raw + living food nutrition. Topics include pH, saturated fats, cholesterol, essential fatty acids, protein, effects of heat on food as well as others. **Saturday, October 23 at 8 am** program #3-4516-11

What's in a Raw Food Pantry?

Keeping a well stocked raw + living pantry is key to creating satisfying, delicious raw meals. Having these items on hand will allow you to depend less on unhealthy processed and packaged foods. Discussion on kitchen organization, food storage, and shopping tips will be covered. *Handouts included.* **Saturday, November 6 at 8 am** program #4-4515-11

Eating Raw Through the Holidays

Staying focused on raw food during the holidays can be challenging. Holidays mean food, but they don't mean you have to completely abandon the progress you have been making towards healthy eating and incorporating raw + living food into your diet. Suggestions and recipes will be shared to keep you on track. *Samples and handouts included.* **Saturday, November 20 at 8 am** program #4-4516-11

\$25 member/\$30 non-member per workshop or \$80 member/\$100 non-member for series

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