



Vegan Healthy Lifestyle Workshop

Are you seeking to transition to a plant-based diet, or want to expand your vegan options?

Take control of your own Health and Well Being by eating health promoting food

**Saturday • September 10, 2011
10am -2 pm \$60**

Learn practical and delicious ways to cook using Organic Plant Based Whole Foods

- **How to cook gourmet cuisine, comfort foods, snacks, & delicious, sugar- free desserts**
- **Get enough protein and the most nutrition from your food**
- **Use the right oils and cookwear**

Our goal is to grow your awareness of how what you eat affects your life and health within a supportive and friendly atmosphere. You will not be learning a new “diet”, instead you will be learning how to alter what and how you eat in a way that you can feel comfortable integrating into your life.

Join Dyana Foldvary, cook, gardener and health educator, and Laura Stever, RD (Registered Dietitian) in the beautiful wine country of West Sonoma County, near downtown Forestville. We will harvest from the vegetable garden, sample foods, go on a grocery store tour, and increase your skills in the kitchen.

Contact: Dyana Foldvary to register by September 3, 2011
707.887.9480 or email: foldvary@sonic.net