



"Remodel Your Diet" Cooking and Nutrition Class

Whole Foods, La Jolla

Thursday, April 15, 2010

6:30-8:00 pm

\$10 contribution to Autism Tree Project Foundation

Join us for a informative cooking and nutrition class with Elizabeth Kaplan, cooking instructor and founder of The Pure Pantry and Valerie Breslow, Holistic health Counselor and Clinical Nutritionist, where you will learn how to remodel your diet so that you can loose weight, rid yourself of the multiple symptoms caused by gluten containing foods, and focus on healthy, nutrition packed ingredients. Recipes, food samples and encouragement provided!

Please register at the Concierge Desk at Whole Foods, La Jolla by calling 858-642-6700