

Chef John Wellness Classes & Fall Retreat

Open House Tasting Sept. 6th 5 -7:00 PM

Food for Life Wellness Classes 7-8:30 PM

Wed. Sept. 6 Latest on Diabetes “It’s not counting carbs”
Open House Let Chef John inspire you to be diabetes free.
Free Class Learn how Joani controlled & reversed her diabetes
Personal Stories 340 Depot St. Ann Arbor, across from Amtrak Station

Wed. Oct. 4 “The Art of Improving Vision Naturally”
Free Class Speaker: Robert T Lewanski, Co-Author, *Perfect Eyesight*,
Crazy Wisdom *Art of Improving Vision Naturally*, Tai Yoga Therapist

Sat. Oct. 14 Chef John’s Total Health & Wellness Retreat
Reserve Now Hands on Food Preparation and Class
9 AM -2 PM Michigan Friends Center, Chelsea, MI
\$125 Visa, MC Limit 5 persons, Reservations Required.

Wed. Nov. 1 Enzyme Nutrition to Restore Health & Energy
Free Class What are enzymes? Which food enzymes boost energy?
Crazy Wisdom Dr. Edward Howell’s “most vital nutritional discovery.”

Wed. Dec. 6 Greens Can Save Your Life “An inspiring story”
Free Class “How to boost energy for life?” Learn what Chef John
Personal Stories learned from Victoria Boutenko and *Green for Life*
Call to Reserve Huron Towers 2200-B Fuller Ct. AA, call 734-635-1598

Oct. 4, Nov. 1 Classes Crazy Wisdom Bookstore & Tea Rm, 114 S. Main, AA
Host: Chef John www.happyrawfood.com rawfoodchef.john@gmail.com
Total Health & Wellness Retreat outline is available by email request.