

Announcing Our 2019 Annual Event



Your POWERHOUSE PANTRY

with Ancient Grains & Legumes

Featuring **real food** workshops, demonstrations, & recipes. Let's learn from Debbie Deitz' expertise.

Friday & Saturday, March 15 & 16, 2019

Arrive for Breakfast at 8:30. Depart challenged & satisfied 3 pm.

- **We are what we eat and drink!** Learn about nutrients that address health issues.
- Benefits of grain groups ~ how to mix grains and beans.
- Experience several new Ancient Grains.
- Answers to FAD Diets. Develop a balanced, healthy eating plan to meet your body's needs.
- Debuting not one, but **TWO brand NEW BOSCH** attachments!
- Do It Yourself Mixes = Real Fast Food! Delicious desserts & more
- Accept the challenge to knowledgeably nourish yourself instead of just 'fill your belly.'
- Baking with the BOSCH & Cooking with SIZZLE Pressure Pots!

Price includes the Notebook full of Recipes , Charts, & Instructions ... Friday & Saturday Breakfast & Lunch Workshops, Desserts, Door Prizes

[PURCHASE TICKETS at EVENT BRITE](#), our website
or call Margaret.

Friday **OR** Saturday \$49
Both Days \$89
Add Spouse or Child \$42.50
Both Days \$80

Join us at ...
The Palmer Granary
15091 E Lazy Lady Lane
More info at
www.wholyliving.com
Questions? Call or text
Margaret at 354-4115