



Classes and Events: 2010 Calendar

Classes are open to participants of any skill level and include living/raw food, recipes, resource materials, post-class support and more...

Jan 16 3:30-7:30 PM | *Life Grocery & Cafe*
Back to Basics: Raw food fundamentals

Jan 30 3:30-7:30 PM | *Life Grocery & Cafe*
Dehydrating & Fermentation Class

Feb 06 3:30-6:30 PM | *Life Grocery & Cafe*
Growing Indoor Greens and Sprouts

Feb 20 3:30-7:30 PM | *Life Grocery & Cafe*
Back to Basics: Raw food fundamentals

Mar 06 3:30-7:30 PM | *Life Grocery & Cafe*
Dehydrating & Fermentation Class

Mar 20 3:30-6:30 PM | *Life Grocery & Cafe*
Growing Indoor Greens and Sprouts

Apr 03 3:30-7:30 PM | *Life Grocery & Cafe*
Back to Basics: Raw food fundamentals

Apr 10 3:00-8:00 PM | *Atlanta Colonic & Massage*
Living Foods for Health, Energy & Weight-loss

Apr 17 3:30-7:30 PM | *Life Grocery & Cafe*
Dehydrating & Fermentation Class

May 01 3:30-6:30 PM | *Life Grocery & Cafe*
Growing Indoor Greens and Sprouts

May 08 3:00-8:00 PM | *Atlanta Colonic & Massage*
Living Foods for Health, Energy & Weight-loss

May 15 3:30-7:30 PM | *Life Grocery & Cafe*
Back to Basics: Raw food fundamentals

Jun 05 3:30-7:30 PM | *Life Grocery & Cafe*
Dehydrating & Fermentation Class

Jun 19 3:30-6:30 PM | *Life Grocery & Cafe*
Growing Indoor Greens and Sprouts

Jul 17 3:30-7:30 PM | *Life Grocery & Cafe*
Back to Basics: Raw food fundamentals

Jul 31 3:30-7:30 PM | *Life Grocery & Cafe*
Dehydrating & Fermentation Class

Aug 07 3:30-6:30 PM | *Life Grocery & Cafe*
Growing Indoor Greens and Sprouts

Aug 21 3:30-7:30 PM | *Life Grocery & Cafe*
Back to Basics: Raw food fundamentals

Sep 04 3:30-7:30 PM | *Life Grocery & Cafe*
Dehydrating & Fermentation Class

Sep 18 3:30-6:30 PM | *Life Grocery & Cafe*
Growing Indoor Greens and Sprouts

Oct 02 3:30-7:30 PM | *Life Grocery & Cafe*
Back to Basics: Raw food fundamentals

Oct 16 3:30-7:30 PM | *Life Grocery & Cafe*
Dehydrating & Fermentation Class

Nov 06 3:30-6:30 PM | *Life Grocery & Cafe*
Growing Indoor Greens and Sprouts

Limited availability. Pre-registration is required.
www.LivingFoodsClasses.com