

The aim of Healthy Habits Raw Classes & Courses is to teach its students how to create Raw Food dishes to enhance life and well being.

Taking time out to look and learn how to use food as a delightful ingredient in maintaining and augmenting health is important.

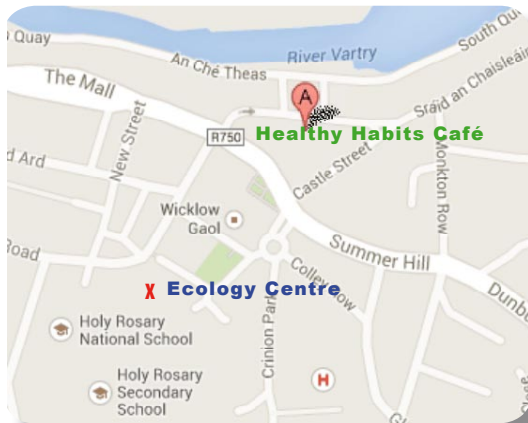
Marrying health and taste is the goal and we, at Healthy Habits, strive to inspire our students to aim for the highest achievement in doing this.



**Raw Food Classes
Vegan Plant-Based
by
Veronica O'Reilly
(Healthy Habits Café)**

Venue

**Dominican Ecology Centre
An Tairseach
Dominican Convent
Wicklow
www.ecocentrewicklow.ie
(5 mins from Healthy Habits
Café)**



Healthy Habits Café & Store
www.healthyhabs.com

Email: rawveronica@gmail.com
0404 68645 - 087 1460812

Healthy Habits Café & Store,
Quarantine Hill, Wicklow Town
www.healthyhabs.com

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Dates

Saturday 9th May 10 - 4 pm

Saturday 6th June 10 - 4 pm



Lunch Break 1 - 2 pm or as convenient.
Dishes made on the day will be part of
the lunch.

Cost of each Class €75

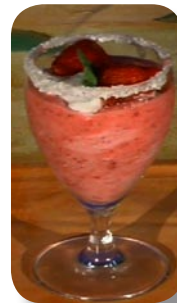
Fees must be paid in full before class
begins

The ethos of Nutrition for this Course
of classes is based on
'The China Study'
by
Colin T Campbell

'Living Foods For Optimum Health'
by
Dr. Brian Clement

May 9th Nutrition in Raw Food
Hummus
Dips
Mains
Kim Chi (probiotic)
A look at Sprouts

June 6th Planning Meals
Summer Dishes
Ice Creams
Wowing Friends with Dishes
Juicing Made Easy



LIVING FOOD WEEKEND



Magheramore co. Wicklow

Look - Learn - Experience

Create **DELICIOUS** dishes

Friday 4th to Saturday 5th September

€200 includes

Friday night accommodation
all meals and tuition

**Bobbio Centre, Magheramore,
Co Wicklow**

- * Experience the quiet of Wicklow's
Countryside
- * Learn to prepare Raw Food Cuisine
- * How to make Living Food part of
your life
- * Learn Quick and Easy Ways to
prepare Food
- * Take Time out for yourself
- * Hands on experience
- * Enjoy Seamus Byrne's Recital
Friday Evening

Details and Booking
contact Gabrielle Kirby
0404 68645 / 086 3960972
gabrielle@eircom.net