

**ALL NEW!!!**

**ISLAND COMMUNITY CENTER NOW OFFERS**

**RAW FOOD CLASSES**

**Monday July 16, 23, & 30**

**5 pm – 6:30 pm**

Learn hands on how to prepare easy delicious food

Take home over 15 new recipes

Learn new techniques and tips

Discover how to replace your favorite recipes with their healthier raw versions

Eat a healthy raw dinner at the end of each class

**By the end of July you will** have more energy, less mental fog, clearer skin, less toxins in your body, and other health improvement specific to you

**There are only a few spots left but it’s not too late to sign up!!**

**CALL TODAY either ICC @ 788-7683 or Annie McPhail @ (860)287-9980**