

Summer Lovin'

Make & Take

Instructed by Rachel Sytsma Reed, Ph. D.

You are warmly invited to join our **Summer Lovin'** plant-based Make & Take classes. Fall in love with seasonal, fresh and creatively raw ingredients that will increase your health, vitality and put a big smile on your radiant face!

Our **Summer Lovin'** lunches will feature a color (think, "Yellow!") or a seasonal produce item (think, "Peaches!") that we have fallen in love with and cannot wait to share with you. The surprise is half the fun!

Come fall in love with **FRESH** this summer and walk away with a spring in your step, plant love in your heart, and recipes in hand!

Fridays: 12:00-1:00pm

Dates: June 28
July 12
August 9
August 23
September 13
September 27

Cost: \$10/per person

Where: Munson Healthcare Charlevoix
Wellness Workshop
411 Bridge Street, Charlevoix

Registration: Pre-registration is required.
Call (231) 437-3482

Fall/Winter Schedule will be available in early September.

 **MUNSON HEALTHCARE**
Charlevoix Wellness Workshop

A Service of Charlevoix Hospital