

The Benefits of Eating Vegetarian and Raw Foods

Date: Thursday, August 24th, 2017

Time: 11:00am-1:00pm (preparation of lunch included)

Location: 8400 No. 4, Road Richmond

Join us to learn the Benefits of Eating Vegetarian and Raw foods, instructed by Jini Aroon, cooking instructor.

Learn more about Jini on her website: <http://www.jinisgourmet.com>

We will create our own Vegetable rolls and Buddha bowl lunch with vegetables.

Bring your bowl and eating utensil if you like. Also bring a grater if you have one. Pre-registration is required. Contact Lorna Davies for more information:
Tel: 778-394-1205/604-273-1791



素食與生食對身體的好處

日期：8月24日(星期四)

時間：11:00am-1:00pm

地點：列治文，8400 No. 4 Rd

烹飪導師：Jini Aroon

Jini 的網站：<http://www.jinisgourmet.com>

講題：食用素食及生食對身體的好處

課堂將教導製作蔬菜卷和素食飯。(請自帶碗筷與擦菜板)。

如有興趣，請聯繫 Lorna: (電話：778-394-1205/604-273-1791)請提前登記, 座位有限。



Community Mental Wellness Association of Canada 加拿大社區情緒健康協會

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