



Workshops on Gourmet **RAW** Food Cuisine



“Takayama Raw” Gourmet **RAW** Japanese Cuisine

When: 6:00 PM
May 28th, 2009

Where: Salt Spring Island

To Register: CONTACT
JIM MAURICE at rawsome@shaw.ca
or call 1 (250) 537 2048

For more information about our classes and to receive
free recipes, visit:

Rawsome Living Foods
www.rawsomelivingfoods.ca



Dear Friend,

I can help you prepare and eat delicious LIVE foods – fresh, organic, vegetarian, and mostly raw – the food your body was designed to eat. I offer group classes, personalized training, and private chef services. I invite you to check out my free recipes by e-mailing rawsome@shaw.ca and subscribing to my mailing list. As a subscriber, you'll continue to receive new recipes and newsletters as well as notices about classes and workshops.

Wishing you a vibrant and healthy life,

Jim Maurice

Jim is a graduate of Living Light Culinary Arts Institute, in FT. Bragg California.