



106 Pimlico Way
North Wales, PA 19454

215-272-6774

www.nutrition-in-motion.net/events.htm

joanna@nutrition-in-motion.net



~ healthy nutrition for everyday living ~

Are you tired and dragging? Try Juicing for energy!!

This summer, do something that's fun and creative. Learn to make some healthy juices that blend vegetables and fruits for more energy! That's right! Juicing can give you energy you never knew you could have!

And the nutrients from juicing can be absorbed much more quickly than chewing the food. Come to this interactive juicing and smoothie workshop and get simple to follow recipes:

- Green Monster
- Breakfast Pear
- Basic Beet
- Creamy Green Banana Smoothie
- Mighty Berry Smoothie

Leave with a full belly, ideas and healthier recipes you

Dates: Saturday and Sunday, May 22 and 23

Times: 3:00 pm -4:30 pm

Where: 106 Pimlico Way, North Wales

Contact Joanna @ 215-272-6774 for more information. \$30 - per person includes demonstration, variations, tasting, and recipes in a booklet to keep so you can make them again yourself! Come join the fun!