



Sheree Clark
Vegan Raw Chef
and Event Organizer



Living Raw is a raw food consulting firm founded by Sheree Clark. Sheree is a graduate of Living Light Culinary Arts Institute and a recognized raw food chef and instructor. She is also the co-owner of the nationally renowned graphic design firm, Sayles Graphic Design (www.saylesdesign.com). Sheree now combines her chef and marketing talents to teach entertaining and informative raw food classes. Through Living Raw, she offers lectures, classes, hands-on workshops, coaching and consultations in the Des Moines area and nationwide. Sheree has been quoted in articles about the raw food lifestyle and has made guest appearances in the media.

TO CONTACT SHEREE

email her at sheree@saylesdesign.com
or call (515) 279-2922,
during business hours.

Not Cooking Is Hot!

Join others who are interested in
adding RAW FOODS to their diet!



Date: June 14, 2008
Time: 10:30 a.m. - noon
Where: Book Vault
105 South Market Street
Oskaloosa, Iowa 52577



Come to the Book Vault on Saturday,
June 14, 2008 and learn how to make
meals that sizzle without cooking!

Whether you are already "raw," or are simply
interested in incorporating more beautiful foods
into your healthy lifestyle, this event will help
you start off on the right foot.

Join like-minded people to:

- Watch an instructional demo by a certified raw food chef.
- Hear a brief presentation about why raw foods are beneficial
- Taste delicious, natural goodies and share recipes.

BRING: \$5 to help cover event costs