

A young girl with dark hair is shown in profile, eating a green apple. The background is dark and slightly blurred, showing what appears to be a kitchen setting with a window or light source. The overall mood is warm and focused on healthy eating.


FREE

plant-based
Cooking School

+ HEALTH TIPS

Cancer • Heart disease • Diabetes

January 20-23 2020
6:00pm

A collection of fresh vegetables is arranged at the bottom of the poster. On the left, there are several bright orange carrots. In the center and right, there are red cherry tomatoes, a head of green broccoli, and a slice of a yellow lemon.

Eden Valley SDA Church
9325 World Mission Dr.
Loveland, CO 80538



January 20-23 2020 • 6:00pm

Our evenings will start with a
delicious plant-based meal, followed
by a cooking demonstration and a
short health talk. Come and bring a
friend. Register for free at
(970)232-9783.