

Green Smoothie Demo Classes - London

The true appreciation for *Green Smoothies* comes once you discover the art of making these awesome drinks. We'll give you tips, recipes and a full understanding of the health benefits including the super foods which can be added.

Tues., July 7th, 7-9 p.m.

Thurs., July 16th, 6:30-8:30 pm

3380 Georgeheriot Lane

South Wenige Drive, London

COST: \$15 includes handouts

PHONE: 519-680-2884

To reserve your seat, please send this RSVP form to luczak@rogers.com

Name: _____ Phone: _____

Email Address: _____

I'm attending this event with: _____

Date Selected - 1st Choice: _____ 2nd Choice: _____

Payment: ___ interac email transfer*; ___ cheque payable to Centre for Healthy Living,

Address: A-812 1/2 Lorne Ave, London, N5W 3K8. **Website:** www.waytogonutrition.com

It is best to pre-register in order to be guaranteed a seat but also to be notified in case there is a cancellation. *We can help you with the interac email transfer - it's easy!

Tuesday, July 7th Location: From Wharnccliffe & Southdale intersection, go south on Wharnccliffe for a very short distance. Turn left (east) on Legendary Drive between Bad Boy and the new Tepperman's. Legendary takes you down to a "round-about" that when you follow it puts you on Paul Peel Avenue. Your first right off of Paul Peel is Georgeheriot Lane (near White Oaks Side Road). The address is 3380 Georgeheriot Lane and there is a silver trailer in the driveway and the house has grey siding with red brick. Bonni's phone number is 519-647-2257.

Thursday, July 16th Location: Go north on Adelaide St. passing through the lights at Fanshawe Park Road but not going as far as Sunningdale Road. There are two side streets in between these main roads. Take the second one which is Blackwater Road, turning right and go .1 miles. Then left on Thistlewood Drive .4 miles; and then right on S. Wenige Drive .2 miles. Look on the right hand side of the street for a grey brick home with large evergreen and cobblestone driveway. Address is 993 South Wenige Dr. Please park on the street. In case you get lost, please call 519 639-0783.