

# Super Natural Cooking Classes

with **Chef Cheryl Hedger** of  
**New Medicine Community**



"I went to one class and it is **amazing** what you will learn. Great, practical and **easy-to-apply tips** that will last a lifetime (and you can share with your family)!"

- Kristi, Bradenton, Florida



## Class 1 - The Whole Foods Pantry

*Learn to clean out and stock up*

Thursday June 10th 3:30 - 5:00 pm  
Thursday June 10th 6:30 - 8:00 pm



## Class 2 - From Market to Fridge

*Discover how to "Veg-Out"*

Thursday June 17th 3:30 - 5:00 pm  
Thursday June 17th 6:30 - 8:00 pm



## Class 3 - Fast Food Fixes

*All Natural Food to Go*

Thursday June 24th 3:30 - 5:00 pm  
Thursday June 24th 6:30 - 8:00 pm

**Register Today - 941-761-9816**

Individual Classes: \$30 each ~ Series of 3 Classes: \$75

"FREE" copy of Super Natural Cooking by noted author  
Heidi Swanson with series registration

Classes Located at the New Medicine Community at Health Park East  
6040 53rd Ave. E. • Bradenton, Florida 34203  
Intersection of Caruso and State Road 70

[AskUs@NewMedicineCommunity.com](mailto:AskUs@NewMedicineCommunity.com)  
[www.NewMedicineCommunity.com](http://www.NewMedicineCommunity.com)

