

# Have FUN in Vegas!

*but* Don't Gamble with Your Health!

Join Cherie Soria for **FUNDamentals of Raw Living Foods™**  
*and* Experience Health Transformation!



Take this opportunity to have FUN in Vegas with Living Light founder and director, Cherie Soria! **FUNDamentals of Raw Living Foods™** is the premier 1-day intensive course providing comprehensive instruction in raw living food preparation. Living Light Culinary Institute is widely recognized as the top raw vegan training program in the world for novices and professional chefs alike. Thousands of people from over 50 countries have taken FUNDamentals since it was developed in 1998. We continually refine the class to bring you the latest developments in raw culinary arts.

During this introductory workshop, students will attend superb culinary presentations showing how to create a wide variety of delicious, easy-to-prepare recipes! Here is just a sampling of what they will see and taste: ♦ **appetizers** ♦ **fruit smoothies** ♦ **soups** ♦ **green juices** ♦ **salad dressings** ♦ **simple entrées** ♦ **patés** ♦ **wraps and rolls** ♦ **nut milks and luscious nondairy cheeses** ♦ **crunchy crackers and other dehydrated goodies** ♦ **amazing desserts** ♦ **fermented foods** ♦ **sprouting and kitchen gardening** ♦ **essential equipment and supplies used in a raw kitchen** ... and much more! A full buffet lunch of organic raw vegan foods will be provided as well as samples of most of the foods prepared. Tuition includes all course materials with the exception of the required text, *Angel Foods*.

**Date:** Thursday October 20, 2011

**Time:** 8:30 AM–5:00 PM

**Location:** Suncoast Hotel and Casino  
9090 Alta Drive, Las Vegas, NV

**Tuition:** \$395 Includes a delicious organic raw vegan buffet lunch

**Required Text:** *Angel Foods: Healthy Recipes for Heavenly Bodies* by Cherie Soria (\*see special offer below)

**To Register:** Call 707-964-2420 or 800-816-2319, or visit [RawFoodChef.com](http://RawFoodChef.com)

\*Those enrolled in both FUN in Vegas and the Lifemax annual conference, Shine, slated for the following day, will receive a free copy of the required text, *Angel Foods: Healthy Recipes for Heavenly Bodies*, by Cherie Soria.



For more information about FUNDamentals of Raw Living Foods™ or other Living Light Culinary Institute chef training classes, please call 707-964-2420 or visit [RawFoodChef.com](http://RawFoodChef.com)

