



FORK IN THE ROAD
good health. good life.

talk & demo



HEALTHIER *Holiday* DESSERTS



Sheree Clark
Holistic Health &
Nutrition Counselor
sheree@fork-road.com

Wherever you are on your road to health, Sheree Clark will educate and motivate you to change your life for the better, one bite at a time. Through her

health counseling practice Fork in the Road, Sheree will help you unlock the healing power of delicious food found right in your grocery store. You'll not only lose weight, you'll gain a new lifestyle of vibrant health and energy by getting to know the power of whole foods. Sheree is also the Organizer of the Des Moines Raw Food MeetUp group. For more information call (515) 249-2992 or email sheree@fork-road.com.

MONDAY, DECEMBER 5, 2011
6:30 p.m. – 8:00 p.m.

CAMPBELL'S NUTRITION
4040 University Avenue, Des Moines

It started with Halloween, and for some of us it'll continue through Valentine's Day—it's sugar extravaganza time! We know that all those refined sweets and baked goods aren't good for us, but they are so darn tasty! Don't fret, Holistic Health Counselor Sheree Clark has a solution and she promises your sweet tooth won't be left wanting.

Please come to:

- Watch an instructional demo by a certified raw food chef
- Taste delicious no-dairy, no-gluten, no-sugar desserts worthy of serving to company
- Hear how other people are adding more health-conscious practices into their lives

Please Register

\$15 includes tastings!

To Register Visit
www.meetup.com/RawFoodDSM

Payment is due at time of registration to ensure space.

If you choose not to use PayPal, please send your check, payable to
Fork in the Road
4028 Ovid Avenue
Des Moines, IA 50310

If you want to pay another way, send an email to info@fork-road.com and we'll get you fixed up!



Des Moines Raw Food MeetUp Group

Check the website for upcoming MeetUp Group meetings and visit www.Fork-Road.com to see other classes and demos by Sheree Clark.