

*Cooking Series for Rising Sun Detox Club Members  
Cooking with Therapeutic Grade Essential Oils & Superfoods*

# Chase Away the Winter Bugs with Nature's Best Defense

Start 2011 with renewed vitality by joining Holistic Teaching Chef Ray Shim and Nutritionist Angela Shim for an aromatic journey in food preparation.

Experience first hand various ways to include superfoods and therapeutic grade essential oils to enhance vitality to your recipes and to your cooking experience.

January's feature recipe

## Roasted Butternut Squash and Apple Soup and more

Date: Sunday January 16, 2011  
Time: 2-4pm  
Place: 108 Baker Ave., Richmond Hill  
Cost: \$25 Limited Seating for 8 Maximum  
Detox Club Members 1<sup>st</sup> Priority  
Register: The Rising Sun 905.884.3362

