

SUSTAINABLE HEALTH SEMINAR SERIES

Sponsored by Whole Foods Market Franklin



FRANKLIN

STUDIOMIX

A collection of live seminars to educate our community, drive productive workouts, and promote overall health. Learn tips that you can apply daily during these 60-minute info sessions held the first Saturday of every month at Studiomix.

APRIL

GET NUTRIENT RICH with KATY JERCICH

SATURDAY, APRIL 5TH, 2014

12 P.M. - 1 P.M.

Empower yourself with simple techniques for enhancing your nutrient intake by learning about the healing qualities and nutritional importance of soaking, sprouting and fermenting whole foods. In this hands-on workshop, Head Health Coach and Holistic Nutritionist Katy Jercich will demonstrate how it's all done, giving you all the information you'll need to get started at home. This workshop will offer hands-on insight into soaking and sprouting grains, nuts, and seeds; fermenting cultures; and preparing your own easily digestible fermented vegetables, like sauerkraut.

RSVP at Studiomix.com under "Find A Class."

Located at STUDIOMIX at 1000 VAN NESS AVENUE, SAN FRANCISCO

FREE
& OPEN
TO ALL!

