

RAW FOOD LECTURE AT OASIS

Featuring Matt Monarch and Angela Stokes

Date: Tuesday July 28

Time: 7-10pm doors open at 6pm

Where: Oasis Living Cuisine

134 Lancaster Avenue, Frazer, PA

Call Us to RSVP: 610-647-9797



Are YOU interested in:
*having more energy
*living disease-free, naturally
*losing weight
*feeling more connected to life
*simplifying ...???

A Raw Food Lifestyle can open new doorways for your transformation...A unique opportunity. Hear two experienced, internationally-renowned 100% raw foodists speak about healthy, enjoyable raw lifestyles.

Investment in your wellbeing:

\$20.00 with advance RSVP

\$25.00 drop-in at the door *



Matt Monarch, Raw Food speaker from the US, is author of 'Raw Spirit' & 'Raw Success' and has been eating 100% raw for 9 years now. You can learn more about Matt at www.RawSpirit.org.

Angela Stokes-

Monarch lost over 70kg

(11 stone) and reversed

morbid obesity with a raw

food lifestyle. She runs www.RawReform.com,

where she shares her message of natural recovery.



In this talk he discusses:

- Why and how to go Raw
- Overcoming Health Challenges
- Why some diets work and some don't
- Difficulties that may arise on your journey
- Benefits of eating Raw Foods, juicing and colonic hydrotherapy

She speaks about:

- Healthy, rapid weight loss
- How to release overeating patterns
- Balancing detox with slimming
- Emotional/social transformations
- Top tips for a healthy raw lifestyle

***SEATING IS LIMITED!!** For more information and to reserve your place, call Tiffany @ 610-647-9797 or email oasiscafe@msn.com