



# Foundations of Vibrant Health

Need to add class times  
(and location?)

## Class Series

Traditionally prepared foods.

Come experience foods of our ancestors:  
sauerkraut, rich soup stocks, fruit chutney, kefir and more

### Early Registration:

Class 1: Favorite Fermented Foods; October 6th \$30 (\$45 at the door)

Sauerkraut, Kimchi, Apple fermenting with probiotics vs. whey,

Class 2: Probiotic drinks and condiments; October 20th \$30 (\$45 at the door)

Incorporate cultured foods into your daily life, including cultured everyday condiments, healthy sodas, and more.

Class 3: Holiday Dishes; December 1st \$35 (\$50 at the door)

Learn the power of stocks and broth, holiday sausage, egg custard, and the vital role of fat soluble vitamins.

Good and Bad Fats and the roll they play in immune health, mineral absorption and joint health

All three classes: \$85 (prepaid)

- Experts show you step-by-step how to make these timeless foods
- Tasty samples of everything presented!

Presented by the Eugene Chapter, Weston A. Price Foundation



For more information:  
call Cherie Anello 541-870-0646

Register on line at [www.krautpounder.com](http://www.krautpounder.com)  
*"Awaken Your Genetic Memory"*

