

# Macrobiotic Cooking Class

Healthy Cooking for Your Life!  
with Rob & Kathy Reider



**Saturday Sept. 15th,**  
**from 1PM to 5PM**

1546 Mt. Mercy NW  
Grand Rapids, MI 49504

*Macrobiotic  
Means Great life*

Join Rob and Kathy Reider (both have attended the Kushi Institute) as they bring first-hand knowledge on how to personally shift your health with a whole food diet. This introduction to healthy cooking allows participants to:

- Learn to prepare dishes that are easy!
- Find out how to provide the right nutrients to bring the body back in balance!
- Discover simple principles that create and maintain a healthy lifestyle!
- These dishes are simple, beautiful and delicious!
- This is a hands on class so bring your appetite!

Cost **\$50.00**, meal included. Register online at: [www.livinghealthynow.com](http://www.livinghealthynow.com)

For information or to reserve your space, please call Rob or Kathy at **616-635-6029**