

The Magnetic Heart

The Healing Foods Cooking Class & Dinner Party

Monday, April 13th, 6:30-9:45 PM



A special evening created for you to cook with Love, laughter, friends, fabulous energizing food and wine entwined with the experience of learning, sharing and preparing a feast together from the bounty of the organic garden.

Yes...you can eat the foods you love...only better!

Bring your aprons, a bottle of vino and a friend.

You'll be laughing and learning as you chop, dice and prepare super foods bursting with flavor and vitality.

Our menu is full of organic, colorful foods with naturally high vibrational energy that easily burns unwanted fat, calms and focuses your mind and recharge your cells.



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A largely plant based diet will cleanse and fuel your organs, balance your hormones, slow down and reverse aging and stress response in the body, rebuild and modulate your immune system and give you sustained energy for your busy days.

You'll be cooking with alkalizing super foods and gluten free or ancient grains, seeds and nuts that will revitalize your immune system and reset your metabolism.

You will be learning tips and ideas on how to use various healing oils, the healthiest sugars, healing herbs and spices.

You will also come away with new ideas on where to find quality organic ingredients that will save money on your grocery budget.

If you're ready for an ABUNDANCE of all the things you want more of...

this is your time to spring into action. I'm here for you.

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at the home of Beth Hooker and Harry Stinson in Green Hills.

*** Reserve your spot before the guest list is full

We would love to have you join us!

\$65 per person or \$95 per couple

Your head chef and 'meal conductor' is Life Transformation Coach and Plant Based Food Expert, Jerilyn Morgan, Host of The Magnetic Heart Radio Show



What a few guests have said:

"Its more than a class. It was like a happy Italian family whipping up a feast together, only a creative, deliciously healthy one! I learned a lot and I can't wait to start cooking with healthier ingredients, now that I am familiar with them." - Carol

"I haven't laughed this hard in a long time. I loved the class!!! Not only did I learn a lot, I left inspired with a whole new appreciation for why it is so important to choose quality food as well as how to get started eating in a way that made me feel great about myself" ~ Laticia Lord

RSVP now to reserve your place at the party so I can help you feel great, look great, and eat foods you'll love to serve over and over again.

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