

BUTTERFIELD WELLNESS CENTER

CLASS REGISTRATION FORM

VITALIZING SOUPS, STEWS & GREENS

In this hands-on class, you'll expand your soup repertoire and learn techniques for making delicious bone broths as a basis for all kinds of soups and stews. You'll also learn how to use greens in various other recipes and incorporate them more into your diet.

WHEN: Saturday, Nov. 14th, 9 am to 1:30 pm

WHERE: 8940 Morton Rd. Niwot CO

COST: \$70, includes lunch

QUESTIONS: Call Talitha at 303-652-0511

Talitha Butterfield of Butterfield Therapy Associates, a wellness-oriented healthcare practice, has studied nutrition with the Crayhon Research Institute, is a neuromuscular massage therapist and has many years experience cooking nutritious and tasty foods. She loves to help people discover that healthy food tastes delicious!!

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NAME _____
ADDRESS _____
PHONE _____
E-MAIL _____

Make your check payable to: *Butterfield Therapy Associates*

Mail Registration to:

Butterfield Therapy Associates
8940 Morton Road
Niwot, CO 80503