

Vegetarian Cooking Demonstration & Natural Remedies Seminar



with Peter &
Kaye Sehm



Learn first hand, how to easily make:

- Kefir
- Sprouts
- Ointments & oils
- A very nice face cream
- Vegetarian patties & deserts

*Demonstrations of simple home remedies and
delicious vegetarian food for all occasions*

Be Sure to Book Early, Bookings are Limited



Venue: 15 Industrial Park Drive, Lilydale 3140
Date: 7th August 2011, 10-4pm
Cost: \$20 - including light lunch
Bookings: (03) 9739 4093 RSVP by 4th August