Grain Free Living

* Want more energy and vitality?
* Do you have seasonal allergies or food allergies?
* Do you simply want a better understanding of the foods you consume?
* Or perhaps you are tired of fad diets, media myth, and marketing geared to appeal only to your desires: this workshop might interest you.



Attend free of charge August 19th

Held at the **Missoula public library meeting room** right across from the downstairs computer lab running from **3:00pm-4:30 pm.**

***A small selection snack examples of Grain free living will be provided free of charge.***

**The event is taught and hosted by Andrea A. Fitzpatrick**

**Contact info email:** **namewag@outlook.com**