



The Healthy Living Series



NEW!! Creating a Car Kitchen for Healthy Commuting!

Saturday, Sept 15th
10:00 a.m. - 12:00 p.m.



Commuters of all types – sales consultants, wine country tourists, and parents shuttling kids – need easy, healthy, and affordable alternatives to fast food pit stops on the road. This class will give you the simple steps and complete tools you need to create a car ‘kit’ of your own!



Cost: \$20



Start the Fall Season with a car fueled with healthy foods for the daily commute!



•Fun – interactive class format that catalyzes creativity

This class will be facilitated by Chiara Maria Kae, PhD, a professional in the health field for over 20 years. As a sales consultant and nutrition professional, Chiara Kae has mastered the art of creating customized car kitchens (Chiara's Car Kitchens ©). Her C-Kits ('kits') are organic, vegetarian, and focus on wheat-free, gluten-free, soy-free and living/raw selections.

