

Macrobiotic Potluck Dinner

NEXT POTLUCK MARCH 5th
5:30 pm – 9:30 PM

-Held at the Strengthening Health Institute at 1149 N. 3rd street the first Saturday of every month starting in March 2011.

-Arrive by 5:30, dinner starts at 6:00pm

-The event is **FREE** just bring a vegan macrobiotic dish to share.

-Have questions or want to RSVP? Call SHI at 215-238-9212 or email Briel@strengthenhealth.org



Promoting Health and Well Being Through Macrobiotics

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