Healthy Cooking Class

Date:
July 15, 2015

Time:
5:30-7pm

Instructor:
Graci Galland, Holistic Nutritionist

Bio:
Hello! My name is Graci Galland. I am a holistic nutritionist, wellness coach and eating psychologist located in Orem, Utah. My soul work is helping people feel beautiful, strong, healthy, vibrant and their best, happy self. I do this by coaching, working as a beautician on the side, and helping people become more aware of their bodies and how good they are designed to feel. A sheer love of feel-good food inspires me to create healthier takes on old favorites.

Class:
Healthy, Natural Ice Cream

Description:
Come and learn how to make delicious homemade, natural ice cream without all the yucky additives. We will be learning how to make ice cream and different toppings for a healthier Summer treat! We all scream for ice cream!