



PLANT POWERED

kitchen

WHETHER YOU'RE A SEASONED CHEF OR JUST STARTING YOUR JOURNEY INTO PLANT-POWERED COOKING, OUR CLASSES ARE DESIGNED TO HELP YOU CREATE VIBRANT, WHOLESOME DISHES. TRANSFORM YOUR KITCHEN INTO A HAVEN OF DELICIOUS, SUSTAINABLE MEALS.

CLASSES HELD SUNDAYS FROM 3-5PM

- 1. BREAKFASTS ~ MAY 18, 2025**
- 2. LUNCHESES ~ JUNE 22, 2025**
- 3. TBA ~ JULY 20, 2025**

- REGISTRATION REQUIRED 7 DAYS AHEAD**
- FRANKTOWNSDACHURCH@GMAIL.COM**
- COST: FREE**
- LOCATION: FRANKTOWN SEVENTH-DAY ADVENTIST CHURCH. 905 N HIGHWAY 83 FRANKTOWN CO**

CLASSES ARE LED BY LOCAL PLANT-POWERED HEALTH & MEDICAL PROFESSIONALS