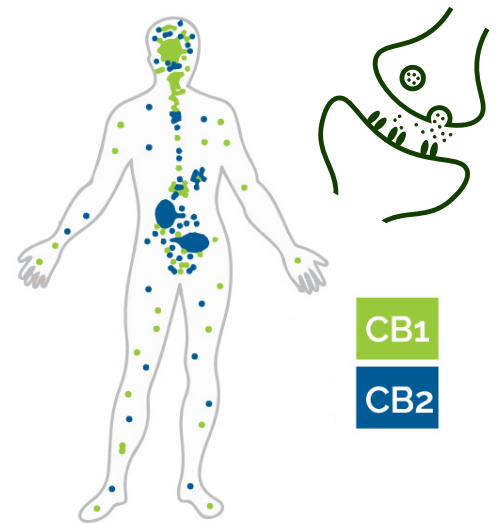


FOODS TO BOOST YOUR ENDOCANNABINOID SYSTEM & ENHANCE THE EFFECTS OF TAKING CBD

COOKING, NUTRITION & EDUCATION CLASS

Sunday, February 19th 2023
2:00 PM - 4:00 PM

Did you know everyone has an Endocannabinoid System in their body? The ECS is the largest system of receptors that interact with our body's physiological processes. Yes, we produce cannabinoids naturally! Learn the best foods to boost your bodies ECS and if you're curious about CBD and what it does, these tools will help maximize the benefits of taking hemp products.



Register at
foodsavedme.com
or scan QR code



Class is FREE and includes printed handouts with recipes, cooking demo, samples and more!



Located at:
Food Saved Me
535 S. Nolen Suite 400
Southlake, TX 76092