

Carlton Landing Wellness Weekend

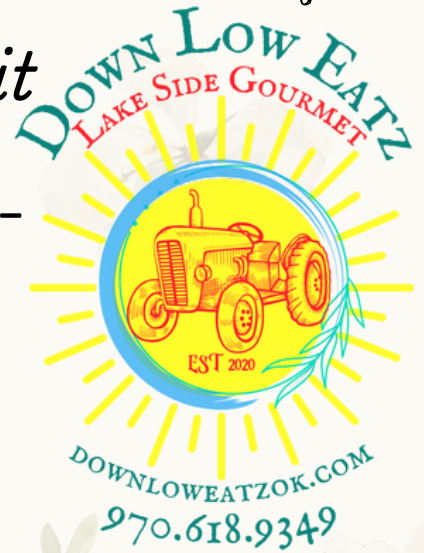
Cooking Class On The Water

Hosted By:

Eating with Mind, Body, & Spirit

Saturday September 21st 11:30AM-

@ Lakefront Pavillion 1:30PM



Menu

Mind

Coconut Citrus Sun Spritzer

Body

Porter Peach & Pecan Pan Granola
Maple Chia Pudding

Spirit

Cajun Shrimp & Creamy Polenta

Register By September 18th @
carltonlandingfoundation.org OR downloweatzok.com

Limited Spots Available

\$80 PER PERSON
\$150 PER COUPLE

