

# Transitioning to Real, Live Foods.... Deliciously!

*Vibrant Energy through Raw & Living Foods  
with*



Food Philosopher &  
Nutritional Strategist  
**Sherry Strong**

**Where:** Raw Materials Food & Film Studio  
148 Cowper St.  
Footscray

**When:** Monday November 16th  
7-9:30pm

**Bookings:** Sherry  
0412 098 992

**Cost:** \$125

**Includes** 10 course tasting & recipes



Sherry Strong is the Curator and Co-Founder of the World Wellness Project, former Victorian Chair of Nutrition Australia & Slow Food Melbourne. Sherry started a cooking school called the Foodlovers Workshop in Melbourne in 1993 after working as a chef in the Melbourne restaurant scene. She now travels the world speaking and writing about food and its connection to our wellbeing.