



How the Body Digests All the Different Foods We Eat

Terri Aragon, author of "Healthy Eating and Loving it" is going to hold a class on how our bodies use and process the nutrients we derive from our fruits and vegetables.

Terri will be using some of the recipes from her next book as she demonstrates how to eat more healthfully from our gardens.

Class Fee \$10.00

Terri Aragon

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