

Sunday

# DIETARY PREPARATION FOR HARD TIMES

*A Medical Missionary Event: Cooking, Nutrition and Natural Remedies*

**SUNDAY, MARCH 17, 2019  
2-5 P.M.**

Including:

- How to Grow Sprouts, Micro greens and Wheatgrass
- Delicious and Nutritious Fresh and Raw Meals
- Simple & Satisfying, Inexpensive & Easy Cooked Meals
- Natural Remedies: Including Hydrotherapy, Poultices and Packs
  - Natural Pain Management
- Book Sale! Health & Medical Missionary Supplies & More

## Comments on Previous Classes

- "The Class was superb. The best I have attended."
- "Shorter's sample dishes, unbelievably delicious."
- "I enjoyed your cooking class very much. It has changed my life..."
- "Cooking Class was my favorite segment of the weekend" (Northeastern Conference (NY) Family Life Retreat!)
- "Could you please come and put on classes in my church? I also wanted to know how to purchase your books." (health manuals) London, England
- "Foods that use to tempt me before, I have absolutely no desire for now that I understand what I am actually putting into my body. I feel great!"

**FREE**  
Donations  
Accepted

**LOCATION: FIRE STATION #4**  
**Conference Room**  
**315 E. Crawford St.**  
**Deer Park, WA 99006**



**Homeward  
Publishing  
Ministries**

*"We're Almost Home!"*

Speaker: Gwen Shorter; Medical Missionary  
Plant-Based/Raw Chef, Author & Publisher

**Light Refreshments! Free Recipes!**  
**Free Gifts!**

**RESERVE YOUR SEAT NOW,**  
**CALL: 509.276.6629**

*Please indicate your name  
and the number in your group!*

Be revived, refreshed, challenged, determined and prepared to meet your Maker in peace!

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