

YOU ARE INVITED TO A

# WORKSHOP

ON THE HEALTH BENEFITS OF

**SEED SPROUTING**

AND A

**DEMONSTRATION**

ON MAKING

**TWO MINUTE GLUTEN-FREE COOKIES**

*Some with chocolate and some without*

Susannah + Russell have been sprouting for many

years and will have a good variety of sprouts

for you to try

Please bring a salad to put the sprouts on

Noon-2.PM – Saturday 15.6.19  
Following Quarterly meeting  
This is a BTOS fundraiser - \$7.00

Theosophical Society  
355 Whickham Terrace  
SPRING HILL Q 4000